GRAPEVINE
VISITACION·VALLEY

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Neighbors Help Make a Difference in Little Hollywood

Concerned neighbors helped turn an empty lot into an attractive park in Little Hollywood. *See page 4.*

Mayor Highlights Improving Cleanliness of City Streets

Mayor Newsom and the Department of Public Works (DPW) announced March 4 that street and sidewalk litter ratings improved between June and December 2009 according to the Controller's Office's Street and Sidewalk Maintenance Six-Month Report.

"The Controller's new report shows that our streets and sidewalks are cleaner and we're moving in the right direction, but we can *still do better," said Mayor Gavin* Newsom. "If we are innovative with new strategies and initiatives, we can do more with less and keep our streets clean and litter-free and further reduce graffiti."

The Department of Public Works (DPW) has focused cleaning and enforcement efforts on busy commercial corridors through its Community Corridor Partnership Program which began in 2008.

The program provides additional services on busy merchant corridors by cleaning sidewalks, painting over graffiti, providing education and outreach; and repairing streets and sidewalks. DPW coordinates work between the city and merchants to provide increased and expedited maintenance.

There are currently 200 blocks included in the program. As part of the Community Corridor Partnership Program, DPW recently expanded to the Van Ness Avenue Corridor, from Cesar Chavez to Lomhard, using 15 JOBSNOW participants.

Since 2008, DPW has also conducted 209 Eco Blitzes, or targeted *and increased cleaning services on* busy streets and performed 29 Night Walks, which targets clean city education and enforcement on streets with a large number of businesses open at night.

This news comes despite DPW's reduction of mechanical sweeping in residential neighhorhoods in 2008 in order to better target street cleaning resources and provide them in a more effective manner. The Controller's Office Report confirmed that there was no adverse impact as a result of this reduction – cleanliness of residential streets is virtually unchanged.

The report also shows that graffiti on private property remains problematic. However, DPW has begun several graffiti prevention initiatives, including a program called StreetsmARTS which partners urban artists with private property owners to create vibrant art and make property less likely to be vandalized and the Where Art Lives Program, which educates students about the differences between community art and vandalism.

DPW has signed up more than 1,300 San Franciscans who have made the Gratfiti Pledge – a pledge drive begun last spring at the Zero Graffiti summit to encourage residents to prevent, remove and report graffiti.

DPW also recently announced a campaign to eliminate blight from neighborhoods and business districts with a first of its kind "Clean and Green Trucks" pilot program that removes graffiti vandalism from commercial vehicles.

Under the City's plan, owners of graffiti covered trucks registered in San Francisco can apply to have their vehicle painted green by DPW, if they agree to keep graffiti off their vehicle in the future.

ROCK's High School Students Attend Annual Snow Trip

by: Eric Subido,
High School SALT Coordinator

We open and close every activity, every conversation and every gathering with a circle – an opening circle and closing circle. It's like clockwork. The students circle up, focus their attention and are open and ready for whatever comes next. Usually it's a game which may involve a lot of movement, art and laughing.

The Friday before leaving for the mountains that mid-February weekend, the high school students of ROCK (Real Options for City Kids) were more than eager to circle up. The group consisted of nine high school students, four adult volunteers and myself. The excitement was contagious and the constant buzz of laughter had already begun and would last throughout the entire trip.

Every year, ROCK's high school program engages in an adventurous weekend journey up to the mountains of Bear Valley. This yearly winter event is what the students call snow camp. Although, our version of snow camp consists of two nights in a heated cabin with all the luxuries of home, many campers actually did camp out on the living room floor in sleeping bags just as one would outdoors.

It's trips like this one where board games with animated dramatizations are performed, relentless snowball fights can break out at any moment outside and group karaoke songs can be just as painful as a hard-packed snowball to the head. But the main attraction during the fun filled weekend was snowboarding.

When we all arrived at the ski resort on Saturday morning, the snow was falling, the slopes were covered with a flurry of soft powdery snow and the students and volunteers conquered that mountain with ease. Well, the bunny slopes that is. Some students in the program had been snowboarding before but for some it was their very first time to even see snow.

This is one of the reasons why snow camp is so special. Each year there are a handful of youth who are experiencing being in the snow for the very first time. Who would ever think that being in nature and experiencing all the seasons is a privilege? That's why this high school program exists – allowing youth to take back what has belonged to them since forever, nature and the great outdoors. It is also a place where these young people can experience new opportunities, such as snow camp, in a safe and positive environment surrounded by people who care about their needs.

Towards the end of the trip during our last closing circle in the cabin we shared appreciations. One student appreciated waking up and looking out of the window watching the snow fall. Another student appreciated the new friends that were met. Several students simply appreciated the experience.

When all was said and done, we packed into our cars, trekked the four hours back to San Francisco, arrived in the Visitacion Valley tired and ready for a shower and a good night sleep.

Parks, Plazas and Open Spaces
See Pages 4-5

Capital Appropriations Presented For Water and Sewer Upgrades

Mayor Gavin Newsom on March 17 presented three capital supplemental appropriations to the Board of Supervisors that will be used to pay for the San Francisco Public Utilities Commission's (SFPUC) ongoing upgrade of the Hetch Hetchy Water System and improvement projects for the City's aging wastewater system.

One of the proposed projects includes an underground water tunnel in Sunnydale to prevent flooding during heavy rainfall.

The work includes the first tunnel beneath the San Francisco Bay, water reservoir upgrades, water treatment plant upgrades, replacement of aging sewer pipes and facilities, and investments into the environment through Low Impact Design and watershed hahitat restoration.

If approved by the Board of Supervisors, the capital appropriation will help stimulate the regional economy hy creating 12,714 new construction jobs.

The appropriations are funded through SFPUC revenue bonds and state grants and do not impact the City's General Fund.

"San Francisco has heen a leader in the state by providing thousands of jobs to our state's work force through investments made in our water and sewer infrastructure," said Mayor Gavin Newsom. "At a time when California and the City are facing their most serious budget deficits ever, these are the critical investments that need to be made to provide relief to those that can't find work, and security to those that depend on basic services."

From October through December 2009 alone, the SFPUC's Water System Improvement Program (WSIP) employed 1,992 craft workers.

In addition, each project also pursues 20 percent apprenticeship goals to ensure long term, stable employment in the construction industry.

On Fehruary 22, the SFPUC was honored with the first ever Planning and Infrastructure Award by the Municipal Fiscal Advisory Committee (MFAC) and San Francisco Planning + Urhan Research Association (SPUR).

Projects that will be funded include:

*The Bay Division Pipeline and Bay Tunnel to build the first tunnel under San Francisco Bay and make seismic improvements to major regional water pipelines.

*The New Irvington Tunnel to carry water from the Central Valley through the hills into the East Bay and heyond.

*The Tesla Water Treatment Plant – one of North America's largest new ultraviolet disinfection water treatment facilities.

*The New Calaveras Dam to replace the seismically vulnerable existing dam.

*The New Crystal Springs Bypass Tunnel and San Andreas Pipeline #3 project to improve water reliability and water delivery up the Peninsula ānd to San Francisco.

*The New Sunnydale Tunnel – an underground sewer tunnel to be built in the San Francisco Sunnydale neighborhood to prevent localized flooding.

"As we move into the final years of construction for our water system and initiate a long-term capital program for our sewer system, we're careful to not lose sight that our goal is to continue providing our customers with reliable, high-quality water and sewer service," said SFPUC General Manager Ed Harrington.

S.F. Accessible Pedestrian Signal Program Receives Stimulus Funds

The San Francisco Municipal Transportation Agency (SFMTA), which oversees the surface transportation network in San Francisco including the Municipal Railway (Muni), announced on March 24 that the City has received more than $200,000 in federal stimulus funds that will in part equip five additional intersections with Accessible Pedestrian Signals (APS).

In the City, 116 intersections have heen equipped with the devices over the past two and a half years, making San Francisco the national leader on this important safety issue.

"The SFMTA remains committed to increasing access and mohility across the City," said Nathaniel P. Ford Sr., SFMTA Executive Director/CEO. "We will continue to work with our partners to provide greater accessibility for all San Franciscans."

"San Francisco has a vibrant and diverse community of people with disabilities who are able to live here independently," said Susan Mizner, Executive Director, Mayor's Office on Disability. "Features such as the APS expand the range of their independence, enriching their lives as well as the culture of the City."

"San Francisco's APS program is the gold standard that other municipalities are emulating," said Jessie Lorenz, Associate Director of the Independent Living Resource Center San Francisco. "The success of the program is based in large part on the unwavering commitment of the California Council of the Blind, the LightHouse for the Blind and Visually Impaired, and the SFMTA. Collaboration among these organizations has turned San Francisco into one of the most visitahle cities in the country for individuals who are blind."

The APS units installed by the SFMTA meet new federal guidelines issued in December. The state of the art signaling devices assist pedestrians with visual impairments by emitting a rapid ticking sound in tandem with the familiar WALK symbol displayed for sighted pedestrians.

Other accessibility features include locator tones to help those with visual impairments find the devices, vibrating push buttons during the walk phase and audihle information such as street names when pedestrians press the push buttons for one second or longer.

"The audible and tactile information conveyed by the APS has helped eliminate my fear of crossing intersections in San Francisco," said David Jackson, a blind, 30-year resident of San Francisco and a Board member of the California Council of the Blind.

San Francisco's APS program also includes a detailed checklist for prioritizing requests for APS and a carefully monitored maintenance program.

Members of the public can request that the signals be installed by either visiting 311.org or calling 311.

The SFMTA's successful APS program grew out of a cooperative effort between blind advocates from the California Council of the Blind, the LightHouse for the Blind and Visually Impaired and the Independent Living Resource Center San Francisco.

The SFMTA and the California Council of the Blind reached a landmark settlement on the issue in 2007. The original agreement included at least 80 intersections. The SFMTA continues to work with the community to expand the use of APS in San Francisco.

Grapevine Mailbox

You've Got to Love Kids

A first grade school teacher had 26 students in her class. She presented each child in her classroom the first half of a well-known proverb and asked them to come up with the remainder of the proverb.

It's hard to believe these were actually done by first graders. Their insight may surprise you. While reading, keep in mind that these are first-graders, 6-year olds:

1. Don't change horses ... until they stop running.
2. Strike while the ... bug is close.
3. It's always darkest before ... Daylight Saving Time.
4. Never underestimate the power of ... termites.
5. You can lead a horse to water but ... How?
6. Don't bite the hand that ... looks dirty.
7. No news is ... impossible.
8. A miss is as good as a ... Mr.
9. You can't teach an old dog new ... Math.
10. If you lie down with dogs, you'll ... stink in the morning.
11. Love all, trust ... me.
12. The pen is mightier than the ... pigs..
13. An idle mind is ... the best way to relax.
14. Where there's smoke there's ... pollution.
15. Happy the bride who ... gets all the presents.
16. A penny saved is ... not much.
17. Two's company, three's ... the Musketeers.
18. Don't put off till tomorrow what ... you put on to go to bed.
19. Laugh and the whole world laughs with you, cry and ... You have to blow your nose.
20. There are none so blind as ... Stevie Wonder.
21. Children should be seen and not ... spanked or grounded.
22. If at first you don't succeed ... get new batteries.
23. You get out of something only what you ... see in the picture on the box.
24. When the blind lead the blind ... get out of the way.
25. A bird in the hand ... is going to poop on you.
26. Better late than ... pregnant.

Best Poem in the World

I was shocked, confused, bewildered
As I entered Heaven's door,
Not by the beauty of it all,
Nor the lights or its decor

But it was the folks in Heaven
Who made me sputter and gasp.
The thieves, the liars, the sinners,
The alcoholics and the trash

There stood the kid from seventh grade
Who swiped my lunch money twice.
Next to him was my old neighbor
Who never said anything nice.

Herb, who I always thought
Was rotting away in hell,
Was sitting pretty on cloud nine,
Looking incredibly well.

I nudged Jesus, 'What's the deal?
I would love to hear Your take.
How'd all these sinners get up here?
God must've made a mistake.

'And why is everyone so quiet,
So somber — give me a clue.'
'Hush, child,' He said, 'they're all in shock.
No one thought they'd be seeing you.'

Judge not !

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How Smart is a Right Foot?

You have to try this please; it takes two seconds. It is from an orthopedic surgeon.

This will confuse your mind and you will keep trying over and over again to see if you can outsmart your foot; but you can't. It is preprogrammed in your brain!

1. While sitting at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.

2. Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction.

I told you so! And there's nothing you can do about it! You and I both know how silly it is but before the day is done, you are going to try it again — if you've not already done so.

Yes, We Have No Bananas

Never put your banana in the refrigerator!

After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars — sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills — eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia : High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin..Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking and Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40percent.

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape.

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

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Growing Epidemic of Autism in California

by Senator Mark Leno

There is a growing epidemic of autism in California. Consequently, the need to understand and find ways to both prevent and cope with this developmental disorder has never been more critical. I recently joined several of my fellow state senators to establish the Senate Select Committee on Autism and Related Disorders, which we hope will shine a light on this often misunderstood disorder. As part of this effort, parents, families, elected officials and community leaders throughout the state are coming together to learn more about the causes of autism. This work includes searching for ways to prevent autism and assisting those who already have the disorder.

What is autism?

Although Autism Spectrum Disorder (ASD) has been diagnosed for many years, it is not completely understood. We know that it is a complex neurological development disorder that affects brain function, causing mild to severe symptoms for an estimated 1 in every 91 children in the U.S. each year. It is the fastest growing serious developmental disability in the nation and is now more common than childhood cancer, juvenile diabetes and pediatric AIDS combined. It affects four times more boys than girls, crosses all socioeconomic, racial and ethnic lines and it is believed that ASD has impacted the lives of tens of millions of children and families worldwide.

In the Bay Area alone, more than 1,000 people are being treated for autism at the Golden Gate Regional Center, and the majority of those patients are children and young adults.

One of the reasons autism is so difficult to understand is the fact that there is no single known cause. Researchers have discovered a number of genes that seem to be linked to autism, which may indicate that children can inherit the disorder or be genetically susceptible to developing it. Scientists are also studying other possible causes, including environmental sources such as toxins in consumer products, problems during labor or delivery, the role of the immune system and damage to the amygdale (a portion of the brain).

As part of our work on the Senate Select Committee, I have been hosting regular discussions with local advocates in Marin, Sonoma, and San Francisco counties. These incredibly committed leaders have brought their knowledge, experience and passion to this ongoing dialogue, which is aimed at developing helpful policy for those affected by ASD.

Our Senate Select Committee is looking at the following key issues:

*Early identification and intervention treatments for young children.

*Community placement, including education, training and employment.

*Housing issues.

*Significant fiscal implications that will arise due to the greater costs of providing services and support to adults rather than children and young adults.

*Opportunities for insurance coverage by private health plans and the public sector.

It is our hope that with increased advocacy and awareness, we can continue finding solutions to learn more about this misunderstood disorder. For more information about autism and our work with the Senate Select Committee, please visit www.senate.ca.gov/autism.

You may also contact my San Francisco District Office at 415-557-1300 or San Rafael District Office at 415-479-6612, or by e-mail, Senator.Leno@senate.ca.gov.

Senator Mark Leno represents the Third Senate District of California, which includes portions of San Francisco and Sonoma Counties and all of Marin County. He can be reached via the web at www.sen.ca.gov/Leno

Legislation to Stop Landlord Imposters

SACRAMENTO – Assemblywoman Fiona Ma (D-San Francisco) announced legislation on March 15 that will protect victims of real estate fraud by enhancing penalties on criminals who pose as landlords. AB 1800 – The Landlord Imposter Law will enhance the current misdemeanor crime of posing as a landlord to felony grand theft.

"With the State's record foreclosures and economic downturn, more and more scammers are taking advantage of innocent people," said Assemblywoman Ma. "If stealing a pig or dog is grand theft under current law, it should be grand theft to steal the roof over someone's head."

"Currently the take for just one of these scams is more than the fine current law can impose," said Assemblyman Hagman (R-Chino Hills). "We need to let criminals know this type of exploitation will not be tolerated by the state of California."

Under current law, individuals posing as landlords are only guilty of a misdemeanor, punishable by a fine of no more than $1000 and/or 6 months of jail time. A thief could walk away with a slap on the wrist, and leave a family homeless. AB 1800 will enhance the current misdemeanor crime of posing as a landlord to felony grand theft

"We appreciate the work and efforts of Assemblymembers' Ma and Hagman who understand how important it is to protect the community and victims of fraud," said Sheriff Adam Christianson of Stanislaus County. "The bill focuses on a new crime where people use technology to prey on unsuspecting less fortunate members of our community who are suffering because of the economy."

"The focus of this bill is a new crime being perpetrated on our communities," said Lieutenant Ray Lunny of San Mateo County Sheriff's Department. "Using computer technology, these individuals prey on our trusting and unsuspecting citizens, many of whom are in dire straights due to the economy. The passing of this bill will make these suspects, if not think twice, do the appropriate time for the crime."

A Day of Green at Burton High School

Engineering students at Burton High School had a day of hands-on learning about the latest in green and sustainable technology on Mar. 26..

They learned about living roofs and walls, working with recycled countertop materials, and using up-to-the-minute 4-D building software to solve a building design problem.

...from the desk of the VVBOOM newsroom

by Nick Wolff

Kuk Sool Won Kicks Off on Leland

It wasn't long ago when KSW Jorge Liberona was giving martial arts lessons out of the garage of his Visitacion Valley home. Those days are now officially over as the Kuk Sool Won of Visitacion Valley held its grand opening on a Saturday, February 27th at 1 p.m. at their 189 Leland Avenue studio location.

To say they had a good turnout would be a monumental understatement. Kuk Sool Won students, friends, family, spectators, even Ingleside Police Captain David Lazar packed the house as some late arrivals were forced to watch the festivities outside through the storefront window.

Was it worth it? Absolutely — this was no ordinary grand opening. KSW Jorge Liberona orchestrated demonstrations of kicks, forms, joint locking techniques and some incredible board breaking. These impressive demonstrations (including the board breaking) were performed by children under the age of 10, adults over age 50 and students of all ages in between. Their astonishing performances were greeted with grand applause upon completion.

KSW Jorge Liberona will be teaching classes to students of all skill levels (from beginner to black belt) weekday evenings and on Saturdays. Want more information about this great new neighborhood business? Check out their website: http://www.visvalleyksw.com) email info@visvalleyksw.com or call 415-999-6159.

Local Business Spotlight: Nails By Jenny

When Nancy Ha opened her salon *Nails By Jenny* at 50 Leland Avenue in 1993, she was the only beautician specializing in nails in Visitacion Valley. A recent graduate of Marinello School of Beauty, she succeeded in opening her own salon (a dream of hers since she was young) where she could make people feel beautiful. "Everybody likes beauty," she says.

Seventeen years later, Nancy still takes pleasure in updating a client's personal style, whether it be an updated hair style or unique acrylic design, clients always leave feeling better about themselves. This helps explain why she has so many loyal customers, many of whom have been coming to the salon for over 15 years.

Currently, Nancy has two part-time beauticians who also service customer's hair, skincare and waxing needs. The most popular service at the salon are acrylic nails. The entire salon staff is skilled at creating unique acrylic designs by hand that can really make nails stand out.

The design is completely up to the customer, as the salon creates both traditional designs for older clients and newer more unique designs for their younger customer base.

The first thing that jumps out at you standing inside Nails By Jenny is how clean and comfortable the salon is. There are oversized leather chairs in front of each of the four stations and a large leather couch that sits in front of large windows overlooking downtown Visitacion Valley, which is exactly where Nancy likes doing business. She cites the abundant conveniences on Leland Avenue including the close proximity of the library, bank, post office, dry cleaners and produce markets along with the small neighborhood feel and familiar faces as her favorite aspects of owning a business in downtown Visitacion Valley.

Nancy also believes the neighborhood is headed in the right direction; becoming much safer and feels there is a lot more support for local small businesses than there has been in the past. While she admits the recent streetscape construction has slowed things down at the salon, she maintains the finished product will look great, and compared to 1993, Leland Avenue is a much stronger business district.

33 Leland Gets a Facelift

Did you spot the newest S.F. Shines recipient(s) on Leland Avenue? 33 Leland Avenue, which houses San on Herbs (33A) and Emma's Hair Salon (33B) is the latest building to receive a facelift courtesy of SF Shines – the city's façade improvement program.

The project included a brand new exterior painting (including doorways and window sills), a bright new awning and security gate.

If you're looking for Chinese herbs, traditional Chinese remedies, herbal formulas and teas visit San on Herbs, 33A Leland Avenue.

Perhaps you're looking for a fresh new haircut at a great price? In that case stop into Emma's Hair Salon, 33B Leland Avenue or call 415/587.7429 and schedule an appointment.

The attractive new exterior is on display in Downtown Visitacion Valley.

Hearts 4 Haiti: Visitacion Valley's Response to Tragic Haitian Earthquake

by Sarah Schwartz, Elementary School Program Director, Real Options for City Kids

On January 12, 2010 a 7.0 magnitude earthquake left the country of Haiti and its people literally in shambles.

With death tolls estimated at 200,000 lives to date, this was a natural disaster of epic proportions and the aftermath of this day is felt even in our Visitacion Valley Community.

For ROCK Staff member and El Dorado paraprofessional, Desiree St. Louis, the tragedy hit especially close to home. Desiree is of Haitian decent and at the time of the earthquake, she had family members who were living in Port au Prince, Haiti.

Fortunately, her family was not injured during the quake; however they lost everything and were evacuated by the US Government to New York City.

Arriving in New York with only the clothes on their backs and $3,000 in debt owed to the US Government for their airfare, they were facing extremely hard times.

Touched by the challenges this family faced, students in the Super Hero Crew at the ROCK After School program at El Dorado Elementary School and students in the ROCK Beacon Youth Leadership Group at Visitacion Valley Middle School decided to organize a fundraiser to help spread the word about the disaster in Haiti and assist with the family's debt.

The students sold Valentine Grams in the shape of hearts with messages like "Love is Inside: Please Help Haiti" and "Hearts 4 Haiti" that were accompanied with small gifts such as heart shaped erasers, temporary tattoos, candy and Gerber Daisies.

Sales at both schools had HUGE success as students, faculty and families eagerly made their contributions to this worthy cause.

At the end of the day, the total sales were far more than was estimated, totaling $675. While this was only part of what was owed, all those who participated could feel good about helping a family whose lives were completely changed by the earthquake. Great job everyone!

McLaren Park News and Notes

by Betty Parshall

Good News at Shelley Lake (the Reservoir)

In last month's column I reported the death of many of the huge carp and a sturgeon at Shelley Lake, surmising that the cause was a too-heavy concentration of chloramines in the water. However, on Sunday, March 21 at a popular duck-feeding spot I saw four very large white and one orange carp. The fish often arrive where ducks are being fed to catch any crumbs sinking to the bottom. This is good news, since so many dead fish were seen we feared that there were no survivors. Now we can hope that the fish will breed, thrive for their own sakes and eventually, with over-populating a possibility, attract the shore birds to maintain a positive natural balance.

Valley Residents Join In McLaren Park Discussion

On Saturday, March 13 the Visitacion Valley Planning Alliance hosted Karen Mauney-Brodek, Park Planner, who made a presentation about the workshops currently being held to gather community comments about the needs and possible improvements for McLaren Park. Information collected at each meeting will be tallied with the objective of generating a list of short-term and long-term improvements that the communities surrounding the park especially favor.

"Short term" might include such items as improved garbage collection and placement of recycling bins in the park, while "long term" would apply to installing playground equipment and repair and maintenance of the park irrigation system. Attendees were then invited to make suggestions and ask questions.

While several suggestions taken at the VVPA meeting echoed those of the January workshop, there were also items that had not surfaced previously. In particular was the issue of improved access to the park from Visitacion Valley.

There are some entry paths but they are not well maintained and some present slippery and potentially dangerous conditions. One suggestion was to seek construction of a switchback trail on the steep hill that borders Visitacion Avenue, similar to the trail built last year by VOCAL (Volunteers for Outdoor California) on the hill above McNabb Lake.

The need for children's playground equipment was raised, as it has been many times since the Recreation & Parks Department removed old and unsafe apparatus a few years ago and never replaced it. There was especially strong support from the group that Herz playground be reopened; it is the only playground adjacent to Sunnydale housing and is sorely missed.

Another point raised was the Department's failure to publicize events at the Jerry Garcia Amphitheater on its website and its refusal to inform community groups of permits that have been issued so that the neighbors and other park users could plan to attend. It would seem that this could be considered a very "short term" item for improvement. Karen did respond that the Department's web site is being reconstructed and we may see this particular suggestion implemented in the future.

Karen explained that the goal of the community meetings, including what was suggested during the VVPA event, is to generate a comprehensive list of projects, in priority order as much as possible, by the end of May. Proposals for grant money can then be submitted to the Community Opportunity Fund for possible funding. She also explained that while the Department does not have the funds on its own for some of the suggested projects, there are some items which could possibly be implemented by partnering with other city departments, for example enhanced safety at the Muni bus stops on Mansell Boulevard, and improved pedestrian safety on Mansell and Shelley Drive by partnering with DPW.

The final community meeting in this series will be May 19 from 6:30 p.m. to 8:30 p.m. at the Louis Sutter Playground Roundhouse.

You can also make your comments by using the online survey: http://www.surveymonkey.com/s/McLarenPark

Joe Leland around the neighborhood

Wikipedia.com contributed heavily this month.

***Yard** A yard is an enclosed area of land, usually tied to a building. The word comes from the same linguistic root as the word garden and has many of the same meanings. A number of derived words exist, usually tied to a particular usage or building type. Some are now archaic. Examples of such words are: courtyard, farmyard, graveyard, churchyard and stableyard.

*****Garden: A garden is a planned space, usually outdoors, set aside for the display, cultivation, and enjoyment of plants and other forms of nature. The garden can incorporate both natural and man-made materials. The most common form is known as a residential garden. Western gardens are almost universally based around plants. Zoos, which display wild animals in simulated natural habitats, were formerly called zoological gardens. The term "garden" in British English refers to an enclosed area of land, usually adjoining a building. This would be referred to as a yard in American English.

***Plaza**: Plaza is a Spanish word related to "field" which describes an open urban public space, such as a city square. The plaza might be large enough to serve as a military parade ground. At times of crisis or fiesta, it was the space where a large crowd might gather. In modern usage, a plaza can be any gathering place on a street or between buildings, a street intersection with a statue, etc. The first purpose-built shopping center in the United States, opened in Kansas City, Missouri in 1922, knowingly took the name of "Country Club Plaza" and adopted Spanish architectural details. More recently plaza has been used to describe a shopping complex, similar to a shopping mall, borrowing its connotations of a center of cultural life.

***Park**: A park is a protected area, in its natural or semi-natural state, or planted, and set aside for human recreation and enjoyment, or for the protection of wildlife or natural habitats. It may consist of rocks, soil, water, flora and fauna and grass areas. Parks commonly resemble savannas or open woodlands, the types of landscape that human beings find most relaxing. Grass is typically kept short to discourage insect pests and to allow for the enjoyment of picnics and sporting activities. Trees are chosen for their beauty and to provide shade. Parks can be divided into active and passive recreation. Active recreation is that which require intensive development and often involves cooperative or team activity, including playgrounds, ball fields and skateparks. Passive recreation is that which emphasizes the open-space aspect of a park and which involves a low level of development, including picnic areas and trails.

***Quote of the Month:** An idealist is one who, on noticing that roses smell better than a cabbage, concludes that it will also make better soup. -Henry L. Mencken

Visitacion Valley Parks,

Concerned Neighbors Help Create Calm "After" the Storm

by Edie Epps

Many vacant City owned lots are abandoned by the City, so neighbors have been working with the Department of Public Works (DPW) and grants from the San Francisco Parks Trust to clean and beautify their neighborhoods.

One lot located at the end of the 200 block of Wheeler and bordered by Hester Avenue has always been a City owned vacant lot filled with litter. Occasionally, DPW and Urban Forest have cleaned up broken branches after heavy storms but the debris would just pile up. This lot is also used by tailgaters that party before 49er games and others that might just toss garbage from their vehicle windows while passing by on Hester.

The responsibility for these type lots in the City fall on the adjacent property owners according to DPW and City officials.

After years of negligent the neighborhood decided to "Adopt Wheeler/Hester Lot" and with the help of a grant from San Francisco Parks Trust; The Greenway and supplies from DPW (bags and gloves) the cleanup began.

The effort began in early 2009 after a storm left the lot full of broken branches. The grant was awarded by the S.F. Parks Trust and cleanup began. Brush was cleared and trimmed; weeds were pulled and ivy cut. Mulch by the truckload was delivered and the ground was covered to discourage undergrowth.

Plants, garden benches and even a bird bath were purchased at Silvestri's to beautify the lot. Neighbors and Greenway volunteers all pitched in to weed and plant.

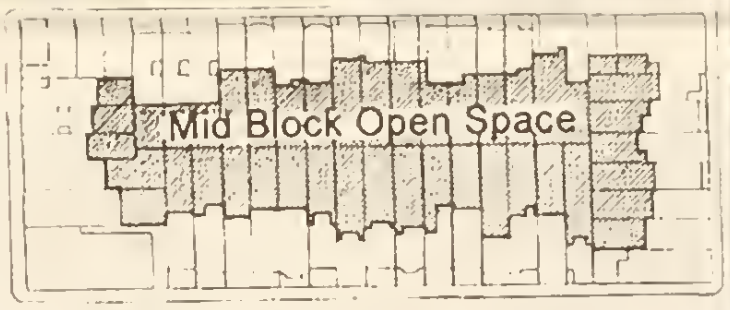
An empty lot at Hester and Wheeler avenues was transformed into a park.

Today, the lot is a peaceful place to sit and enjoy the view. More work is needed to improve the paths and replace an aging wood retaining wall. If you are interested in this project and would like to volunteer some time or materials please contact Edie Epps 467-023- aheins@sbcglobal.net.

Yes, neighbors can improve their community, even if it's one lot at a time!

Backyard Mandate

by Russel Morine



The S.F. Planning Code has a provision that mandates houses in a residential neighborhoods, such as Visitacion Valley, maintain a "minimum rear yard" that is "25 percent of the total depth of the lot on which the building is situated, but in no case less than 15 feet." In every day language, this means that every house must have a backyard.

The backyard mandate does wonders for Visitacion Valley and other congested neighborhoods in our crowded city. Backyards give the uniformed city block a much-needed internal break by providing private breathing space. They are as individualized as the families that own them; The manicured secret garden next to the mini organic farm across from the dog run, adjacent to the next to the overgrown jungle.

These little plots of open space help to keep neighbors neighborly. Imagine how well you'd know the neighbor across the way if not for the buffer provided by the backyard.

Collectively the network of individual backyards adds to one another forming a unique urban habitat. Planners call this the 'mid block open space.' Fences may separate one yard from the other, but this does not wall off the open space completely.

Birds and bees freely traverse the mid block open space in their daily search for food. Fences may contain the less agile house pet, but cats (pets or feral), raccoons, and the occasional skunk tend to find (or make) their way from one yard to the next unencumbered.

Added together, a typical Visitacion Valley block has over 30,000 square feet of mid block open space. That's nearly 3/4 of acre. Granted, this may be in fifty-625 square foot slices, but added together the collective backyards in Visitacion Valley rivals the open space found in our public parks.

My backyard is my favorite open space in Visitacion Valley. Maybe its because I have fond memoirs of playing in one as a kid. No cars to watch out for. No waiting my turn on the swing. No worries; just dirt, hugs, and endless opportunities to be outdoors.

Today my backyard may be challenged by unwanted vegetation and often goes days without attention. But that doesn't mean that I don't appreciate the benefits of the backyard mandate. It just means that I'm still studying my blank canvas, deciding what work of art to create next. That's the beauty of the backyard. You own it, it's yours to do with as you please ... as long as it remains open space.

The Secret Garden

by Russel Morine and Deborah Munk

Looking through the chain-link fence along the upper portion of Little Hollywood Park, the curious explorer can see one of Visitacion Valley's best kept secrets: a well-groomed sculpture garden that overlooks both the majestic Little Hollywood neighborhood and the illustrious San Francisco Solid Waste Transfer and Recycling Center, better known as "The Dump."

The sculpture garden at Recology (formerly Norcal Waste Systems) is part of the garbage company's innovative Artist in Residence Program, proposed and established by artist and activist Jo Hanson in 1990. By supporting artists who work with re-used materials, Recology hopes to encourage people to conserve natural resources and promote new ways of thinking about art and the environment.

Designed in 1992 by then artist-in-residence, Susan Steinman, the garden was conceived to show how artists can creatively reuse both the mundane and the exotic detritus rescued from San Francisco's waste stream.

In 1994, the garden was dedicated to the memory of Joseph Johnson, previous director of San Francisco's Solid Waste Management Program. Joe was an artist himself and very supportive of establishing the Artist in Residence Program.

Today the three-acre site is home to over 25 sculptures created by former artists-in-residence. Yes, that is a towering teardrop made from re-purposed plastic bottles. Metal, concrete, and wood never looked this good.

Tours are held for the general public on the third Saturday of every month. Visitors will meet the current artist and see the studio, walk through the transfer station and visit the sculpture garden. The tours are geared to those interested in knowing more about the Artist in Residence Program, especially for those interested in applying to be one of the artists.

To make a reservation for a Saturday tour, please call (415) 330-1414. Tours will be cancelled if it rains. Children under the age of eight are not allowed on the facility.

Change is Coming

My game face in the hood is my armor for survival,
The war zone spreads out in the valley if you're not aware
Looks of fear forever indented on the innocents faces
Mothers crying out for justice are the voices ever heard?

It's said this is a diverse community, yet separation is still the comfort we all rely on, knowing its wrong and wanting to change, taking the first step into fear holds us back
Cultural differences divide the valley, understanding, tolerance and education is what's needed to move forward. It's survival of the riches, monitory gain is the game we play and not for those who dodged the bullets that ring out in the hood, this is a reminder of the violence that is still here in the valley.
Is it your turn to benefit of the coming changes in our hood?

The wave of new immigrants has changed the color barriers we see everyday and shifted the playing field for those that have no game, wake up and be counted, your days are numbered

My mantra begins "another day in the hood" chant it loud and clear like the winds that rushes between the valley hills.

At the highest point atop the John McLaren ridge, overlooking the valley, this special place helps clears my mind.
The cool air travels to the bay, in the distance the fog rolls down the San Bruno Mountains.
I close my eyes and imagine tribal grounds, scared traditions long forgotten and yet cry out to be heard
Bulldozer in the distance with sounds of renewal, a valley that is changing its cosmetic blemish.
I no longer fear this place called Visitacion Valley,
I want in to this new valley
I have become the new pioneer.
Let the games start with me

-Neo Veavea

Plazas and Open Spaces

My Favorite Open Space

by Hope

My personal favorite open space for walking and relaxing is the off-leash area in McLaren Park. That's the area inside Shelley Drive. As soon as my person and I get there off comes my leash and I can start browsing all the great smells. And right now the fresh green grass is absolutely delicious. I can also take my time and pick out perfect spots to "do my business" if you know what I mean. And then there're all the places where I leave my calling card just to let all the other dogs know I've come hy after they were there.

In the past six years I've made some great friends there. My best buds are Rory (he's just super handsome) and Raven. I also enjoy jogging along with Kerry or Capone, and it's always fun to meet Matty or Wes or Wyn or Sadie, and even Bobbie. (Bobbie is kind of mean, he likes to attack some dogs, but he can't reach me 'cuz he's on his leash, and now he doesn't even try because I don't get close enough and my person gives him treats.)

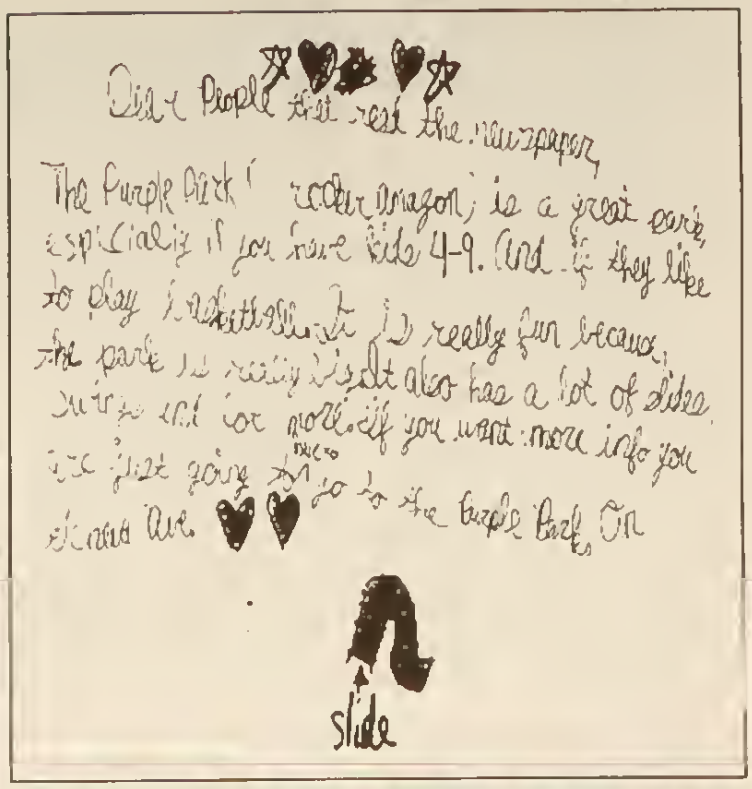
And I have some good dog-walker friends too. I know all the ones who carry treats and they always say hello and give me a treat and say I'm a good girl. What makes this place so much fun and nice, besides the dogs and the dog-walkers with treats, is there're so many different kinds of plants and trees and open places for chasing halls. If it's hot there is shade and if it's cold who cares. There is water for those who want to swim (I don't), squirrels to chase (waste of time) and gophers for those who like to stare into a hole.

I notice that my person has made some friends there too and they all seem to get very happy when they see different flowers and birds and baby ducks and baby coots. They also like to try all the different trails. After we have a lot of rain the persons try not to walk in the puddles. I don't mind that at all. They just don't know how good the puddle and creek water tastes.

Sometimes my person puts the leash back on me and we cross the street and visit other places in the park. We go down a zig-zag trail and get to the water where the person gets excited about the hahy coots. Or we go to some water called Yosemite Marsh and walk along the paths there.

The persons talk ahout "the view" sometimes, hut I don't know what that's about. I guess all persons like what my person likes, because I see a lot of them who walk all over or do their own kind of exercises or get happy about seeing a bird and they don't even have a dog to keep them company. Sometimes when we go to the park we don't happen to meet anyone we already know, or it will be very quiet there, but my person doesn't mind, nor do I because it's peaceful and all the good things in the park are there to enjoy anyway.

So I recommend all persons who haven't heen there to go to McLaren Park. Even if you don't have a dog friend I'm sure you'll like how nice it is and will want to go back many times.



Enjoy the Outdoors

by Katherine Williams

One of the best things about living in Visitacion Valley is the access to numerous open space sites. It doesn't matter if you like biking or hiking or are just looking for a place to play you can find it all close by in the Valley.

For bikers, Candlestick Point and the Bay Trail are a short ride away. During the warm season, a tew neighbors and my self regularly biked from Leland Avenue down Tunnel to get on the Bay Trail for short rides down to Oyster Point. On Sunday mornings this is a great way to get some sun and some exercise. Bikers can actually go all the way down to the airport on a dedicated trail. Past the airport is a trail to Foster City. Candlestick Point offers paths for bikers around the point and into Bayview.

For hikers, San Bruno Mountain offers hikes of varying levels and distances. You can enjoy a eucalyptus grove for a short hike or attempt to climh to the peak for a longer hike. It's a great escape into nat.ire close by. Candlestick Point is also a great place to take a hike or walk.

For kids and parents, the many playgrounds in the Valley are worth trying. You can enjoy the kid's park on the Greenway, play in the sand at the Vis Valley Park, swing at Hertz playground, or climb the ropes at the Little Hollywood Park. Each playground is different.

It is hard to pick a favorite spot hecause each offers something unique. It is great that there is no lack of opportunity to get out and enjoy the outdoors in our hidden corner of San Francisco. As spring brings us more sunshine, I look forward to being outside enjoying the Valley.

Parks are for Sharing

by Lorrie Gallagher

I am enchanted by the native plants park across from my house on Tucker Avenue. For many years, it was a wild, grassy area, and the fact that it was turned into such a charming and civilized park is appreciated hy me and all my neighbors.

I witness how busy it is at all hours when it's open. There are lots of dog walkers; people just strolling around. Parents use it with their children. There are a few benches, and I'll see teenagers congregating around them and laughing, individuals talking on their cell phones, older people just gazing out at the great skyline south towards San Bruno Mountain.

I have a personal investment in the park — I have some beehives in my backyard and it's fun to think that my bees visit the park, as well as McLaren Park, in their daily gatherings.

My neighbors and I were worried in the beginning about vandalism to the park, but I don't think much has occurred. It's been treated respectfully, and I think the Visitacion Valley inhabitants profit from and really utilize this park, as well as the other fabulous little parks in our area.

The Power of Place

by Nick Wolff

One of the most enlightening books I ever read was *The Power of Place* by Dolores Hayden. It got me thinking about Leland Avenue.

With a massive public works streetscape project underway, the entire pedestrian experience on our commercial corridor will forever be changed upon completion.

I spend a great deal of time focusing on mitigating the adverse effects of the construction, but I'd like to take a second to ponder what awaits the Leland Avenue shopper upon completion.

Let's start with trees. When this streetscape work is completed in late summer/early fall, there will be 65 new trees planted along Leland. Sure, upon planting they'll he small and immature, but *the infusion of dense greenery* (give it a tew years) along the retail corridor will certainly add to the pedestrian experience.

Also adding to the pedestrian experience will be benches and low retaining walls to sit. Public benches can often be seen as prohlematic, but my experience has shown that passersby use the multiple planter boxes currently on Leland as default benches, thus hurting the foliage within. The 17 new seat walls type benches for pedestrians to take a load off and enjoy the view might just be a better alternative.

Leland Avenue already boasts a dynamic plaza – Hans Schiller, first in the chain of Greenway Parks, complete with a small stage at the intersection of Peabody Street. Now Leland Avenue will have another great plaza; the monumental public art installation – Streetlife, which will soon become a distinguished visible landmark at the Leland - Bayshore intersection.

My point is not to hlindly champion streetscape construction, but more to advocate for Leland Avenue as an open space destination. Not just to visit the bank, deliver a package at the post office and then drive off, but to get out of the car and walk; savor the pedestrian experience by enjoying the view. To leisurely stroll down to where people congregate, grah a bite to eat, and visit a local small business. From my experience, this doesn't happen enough in "downtown" Visitacion Valley.

Soon Leland Avenue will be better equipped (to the tune of other business districts in the city) to flex its power, all for the benefit of the pedestrian.

A Little Farm in Little Hollywood

by Karla Nagy Johnson

It is a little triangle neighborhood nestled in between the Bayshore Boulevard, Highway 101 and the city dump in the southern end of the city that most of San Francisco have never heard of. But according to its residents, the neighborhood of Little Hollywood is famous because a developer from Hollywood moved north and duplicated the same houses here – but mostly because supposedly Mae West lived here during the 1939 International Exhibition. And, I don't know, maybe its psychological, hut there is something Hollywood about it, when you wander through. It definitely isn't like the rest of San Francisco.

Its been quite a few years since I've been to Little Hollywood (I got to know the neighborhod during FUF tree planting years ago) and I don't think I've ever gone up to the end of Tocaloma, where Little Hollywood ends at a undeveloped hillside and Highway 101. But I went last weekend to see the location of San Francisco's newest farm, courtesy of San Francisco Landscapes, who organized the work day. Volunteers came from the neighborhood and throughout the city – some who've been working with the guys from San Francisco Landscapes for awhile and other who are completely new to urban farming.

We started with removing the sheets of plastic that had been laid over the soil to (unsuccessfully) discourage weeds from growing. We were happy to find the rich dark Coastal Prairie soil that had been hiding under the plastic tarps. This soil has developed from the decomposition over centuries of native perennial grasslands, which are found all over the Bay Area and are under threat from non-native annual and perennial grasses that have taken over.

I think that just about all of the materials we used were recycled and reused. We sheet mulched half of the site with recycled cardboard from bike shops and covered the cardboard with debris from a tree removal dropped off by a arborist. I look forward t see what will be made from the pieces of tree trunk that was also left. Compost bin made out of old pallets

While we were moving mulch, other volunteers were creating a level space on the shady side of the site and huilding a compost bin out of recycled pallets. I love that the ubiquitous pallet has become the hasic building block for urban farm structures. The Free Farm on Gough and Eddy made a beautiful shed from pallets recently, I've taken them apart and built raised planting heds and apparently they've also been used to make a chicken tractor.

Yes, a chicken tractor – which is not a 4-wheel drive chicken mobile, but a floorless chicken coop that can be moved around a yard. The chickens eat bugs, scratch and break up the soil and then fertilize it with their manure and you don't have to deal with cleaning out the chicken coop – hrilliant. While we were sheet mulching and making compost bins, another crew were making a chicken tractor headed by a skinny girl who was amazing with the circular saw.

Brett and Casey of San Francisco Landscape have big ideas for this little urban farm. Eventually it will be part of a larger farm that will take over the undeveloped hillside on the other side of the street and include bee hives (coming soon), chickens, fruit trees and enough vegetables for the neighborhood!

Read more stories by Karla on her blog http://sanfranciscosidewalks.wordpress.com/

Schlage Lock Meeting for Site Design

by Andrew Hyder,
Project Manager, Urban Ecology

On April 3rd, Urhan Ecology will be holding a second puhlic event, *Workshop 2 – Open Space and Urban Design Alternatives*, and you are invited!

The purpose of this event is to help Visitacion Valley residents and businesses share ideas and provide input to the design of puhlic spaces, community character, and building form and design at the former Schlage Lock factory site.

In addition to housing, retail, and community facilities, the site will include three major public park areas and green walkways that will increase walkability and improve the quality of life for everyone in the community.

Based on the input from the first workshop, this second workshop will begin with a presentation on alternatives for the public spaces, including their organization and character (look and feel). We will also explore alternatives for the structure and layout of buildings on the site, focusing on the relationship of huildings to streets and open spaces. Facilitated break-out groups and interactive activities will follow, so that everyone can share their input and provide feedback of the different options.

The workshop will he a three hour event, on Saturday, April 3, from 10 a.m. to 1 p.m..

It will be held at the Visitacion Valley Elementary School Auditorium, 55 Schwerin Street at Leland Avenue. Children are welcome and refreshments will be provided. Translations into Cantonese and Spanish will be provided.

Please feel free to distribute this invitation to anyone else in Visitacion Valley who you think would be interested. Please let Megan Walker (megan.walker@aecom.com, or 415-955-2852, know if you have any questions about this event or have special needs.

As always, information about this event, as well as past and future events, will be posted at http://www.renewvisvalley.com

Planning a Successful Vegetable Garden

According to a recent survey by the Garden Writers Association, more than 41 million U.S. households grew a vegetable garden last year and 37 percent plan to do more edible gardening in 2010.

Here are a few tips on making the most of your backyard vegetahle garden:

*Choose your veggies: Do your homework on seed, plant and variety options, and involve your family in the selection.

*Pick a sunny spot for your garden: Most vegetables need six to eight hours of direct sun each day. The area you choose should drain well.

*Mark your rows: Use string to mark off the individual rows of vegetables you'll plant and make plans for irrigation. Rows running east to west will get the best sun exposure.

*Add mulch and fertilize: Mulch your rows to keep weeds from popping up and fertilize regularly. NAPS

Great News to Share

by Assemblywoman Fiona Ma, Speaker pro Tempore

Recently, I was appointed by Assembly Speaker John A. Pérez to be Speaker pro Tempore of the California Assembly. I am honored to be the first Asian-American woman to hold this position.

In my new role as presiding officer, I will be responsible for managing the daily business of the Assembly. As the San Francisco Chronicle put it, "Ma's new title means the former SF supervisor will preside over most floor sessions, essentially serving as the face of the lower house during policy deliberations." I will guide members through daily business, respond to parliamentary inquiries, and rule on points of order.

In addition to my new role as Speaker pro Tempore, I was also assigned to several important committees: the Committee on Agriculture; Committee on Business and Professions; Committee on Governmental Organization; Committee on Public Employees, Retirement, and Social Security; and the Committee on Utilities and Commerce.

I am very excited about my new leadership role and look forward to continuing to represent the 12th Assembly District in this new role.

Are You Prepared for the Next Quake? A Few Tips May Save Lives

Since the great San Francisco Earthquake took place 104 years ago on April 16, 1906, April has been designated by the State as California Earthquake Preparedness Month.

The catastrophic earthquakes in Haiti and Chile, and the 6.5 magnitude earthquake in Northern California that took place earlier this year serve as a reminder of the importance of earthquake preparedness and safety.

Earthquakes happen. While there is nothing we can do to prevent them, there are things we can do to reduce damage and injury. Because California has more earthquakes than any other state in the nation, preparation is a necessity.

The following preparation steps can serve as a beginning:

*Practice the duck, cover and hold earthquake safety action. By knowing how to duck, cover and hold, either under a table or desk or against an interior wall, potential earthquake victims can reduce their risk of injury;

*Prepare a 72-hour emergency kit that includes food, water, first-aid supplies, a battery-operated radio, prescription drugs and a flashlight. This is a good idea for any disaster, such as an earthquake, freezing weather, a flood or an electrical blackout, etc.;

*Ensure your house is bolted to its foundation and have your chimneys, roofs and walls checked for stability;

*Secure your water heater and major appliances, as well as tall, heavy furniture; mirrors, bookcases, computers, computer equipment and picture frames; and

*Know the safe areas, such as under a sturdy table or desk or against interior walls in each room.

And to make sure Californians know the above information, last year the Legislature passed and the Governor signed into a law a measure that requires every state agency to maintain on its computer home page a link that will direct a user to earthquake and disaster preparedness information.

While these steps are a good beginning toward earthquake preparedness, you can learn much more by contacting my office at 415-557-2312 and requesting a California Earthquake Preparedness Guide.

Remembering Dr. George Davis

From his child hood in the projects of Oakland and Richmond, George Davis learned the value of community He grew up in an era when neighbors looked out for each other and elders were given their rightful respect He has always maintained this strong sense of community in everything he does

A high school counselor once told him that his highest expectation would be to become a janitor Like the true Mac-ite he was, he used this "advice" as his inspiration to earn his PhD and become a leading African American gerontologist who was widely respected for his leadership and advocacy throughout the Bay Area

He was a community leader in the true sense of the spirit of community He had been in the trenches of community work for over 30 years Day in and day out he remained dedicated to making life better for the underserved, African American elders in San Francisco's Bayview Hunters Point district

The neighborhood knew him as "Doc," and "Doc" was known everywhere from the neighborhood to City Hall He had been the Executive Director of Bayview Hunters Point Multipurpose Senior Services for the past thirty-two years, during which time he concentrated his fight for the entire community, creating programs for the seniors

Innovation and creativity were his hallmarks For the past thirty years, Bayview Hunters Point has celebrated Black Cuisine, an event that attracts hundreds of people from all over the Bay Area to celebrate the cultural heritage of soul food This celebration brings people of all races and incomes together and is the only event of its kind that celebrates the neighborhood's cultural strengths

Dr Davis always integrated his intellectual skill with practical solutions that benefit people His master's thesis was written on senior inmates in prison and in 1999 he initiated the first senior ex-offender program in the United States This program has made a difference in the lives of the seniors themselves, as well as pointed out the need to reach out to ex-offenders as they re-enter the community as seniors

As a leader, Dr Davis remained an advocate, true to the cause He had been working on a comprehensive, innovative plan for seniors in the neighborhood known as the "Aging Campus", for the past ten years The first of its kind in the United States, the Aging Campus will provide housing and services throughout the neighborhood This dream is about to become reality, as Dr. Davis united the community to create something positive, with a lasting impact.

Dr Davis received numerous awards and recognition for his 32 years of service, including awards from Senator Feinstein, House Speaker Nancy Pelosi, Senator Mark Leno, Supervisor Sophie Maxwell, the National Council of Negro Women, just to name a few He is the founder of the National Black Aging Network He had been active in the field of gerontology, including serving as an associate faculty member at Stanford's Geriatric Education center

Humbled by any recognition and accolades, he kept his focus on the causes of his people His gentle, yet vital advocacy for seniors included creating programs and services for their benefit, improving their health, enabling them to live independently, and remaining active in their communities He did this by bringing together individuals, organizations, businesses and the government agencies who serve them The best expression of his leadership was the fact that when people wanted to see something get done in Bayview Hunters Point, they came to see him

Ordained as a minister in 2000, Rev Dr Davis found joy serving as Associate Pastor of the Metropolitan Missionary Baptist Church in San Francisco Dr Davis endured many health challenges, including diabetes, being legally blind and three cancers He always lived by the scripture "you walk by faith, not by sight" He took on his health challenges as a test of his faith and showed others how to be courageous and strong

Recognizing, connecting and celebrating family was of the upmost importance to Dr. Davis He loved his family and was a great role model and mentor to all of them He leaves a legacy in his wife Catherine Davis, brother Wesley Davis and Gloria, children LolaGenne Allen, William George Davis, II and Micki, Tonya Davis, Kristy Davis, Matthew Davis, Teri Jordan, brothers-in-law Carl and Robert Koechlin, Grandchildren: Cassadine Davis, Jalani Davis, Jalen Davis, Jaliyah Davis, Marcus Davis, Jordan Green and Jonique Green; Nieces and Nephews Kathina Mix, Diana Evans and husband Virgil Evans, Cornelius Boney and wife Noretta, Renee Broom, Keith Dowdell, Rochelle Salary and husband Warren, Arlanda Graves, and a host of grandnieces and grandnephews, as well as Bay View Senior Services staff, the Metropolitan Church family and the Bay View Hunters Point community

Visitacion Valley History Project

"The Only Tourist Camp in San Francisco"

by Betty Parshall

Peter Burnett, the first governor of California, acquired 6 acres of land fronting on Sunnydale Avenue and built a home there for his son. Oral historian Clarence Wikse remembered that Hattie Burnett kept chickens and his mother bought eggs there. Hattie also had a parrot and Clarence remembered the parrot calling "Hattie, somebody's at the door" and "Hattie, somebody's in the garden." Burnett had planted over 200 trees on the grounds, and two trees were ceremonial presentations from US presidents. Clarence's mother knew the location of one special tree to visit once a year where truffles could be dug out. Clarence would fill a 5gallon can and get fifty cents for them. Hattie Burnett also gave piano lessons and taught a Sunday School class at St. James Presbyterian church.

By 1923 the Burnetts had left the property and an auto camp was located on the grounds.

"The San Francisco Auto Camp, located in the beautiful Burnett Grove on Sunnydale Avenue, has now been in operation nearly three years. Approximately $25,000 has been spent in equipment and improvements making it one of the most modern and up-to-date tourist camps in the country. A total of forty cabins, together with an abundance of tent space, give provision for the handling of 250 to 300 autos.

"The majority of the cabins consist of two rooms, a sleeping room equipped with good bed and mattress, and a kitchenette with gas plate, city water, city sewer connection, tables, chairs and lights. The sanitary facilities are centralized and consist of a modern laundry with laundry trays, electric washer and dryer."

"A recreation hall, a slide for the children, an abundance of shrubs and flowers and a Camp Grocery all make this a miniature village. During its operation the camp has registered guests from every State in the Union and from five foreign countries. As an aid in building up the City of San Francisco in the past two years the camp has been instrumental in helping nearly 200 families locate in the city or bay region. The San Francisco Auto Camp (Camp San Francisco) has the distinction of being the first tourist camp in the United States to do national advertising with the result that the camp is known from east to west as a tourist headquarters."

Reis Tract Booklet 1926

There was also an outside dance stage and a recreation hall for the campers' enjoyment. Oral historian Viola Ruska grew up on Rey Street. Her family patronized the camp store since it was more conveniently located for them than the stores on Leland Avenue. Another of our oral historians, Al Cinti, also remembered the dance platform and the picnic facilities.

Eventually the land was acquired by the Catholic Church and became the site of Our Lady of Vistacion Church and school, completed in the 1960s.

Cooking Corner

California Avocado Piquillo Pepper Frittata

1 ripe, fresh California avocado, seeded, peeled and cut into ½-inch dice; ½ cup jarred roasted piquillo peppers, cut into ¼-inch strips; 1 clove garlic, minced; 1 Tbsp. extra virgin olive oil; 2 tsp. sherry vinegar; Salt, to taste; Freshly ground black pepper, to taste; 8 eggs; ½ cup grated Spanish manchego cheese; 2 Tbsp. chopped Italian parsley; 2 Tbsp. extra virgin olive oil, for cooking.

1. In a small mixing bowl, toss together avocado, peppers, garlic, oil, vinegar, salt and pepper. Let marinate 30 minutes.

2. Preheat the oven to 400°F.

3. In a separate bowl, whisk together eggs, cheese and parsley until frothy. Season with salt and pepper, to taste. Stir in the avocado mixture.

4. Heat oil in a 10-inch, nonstick, ovenproof skillet over medium-high heat. Add the egg mixture, reduce heat to medium and cook for 7 to 8 minutes, until the bottom is set and the top is still runny. Occasionally lift the outer edges so the uncooked egg can run underneath.

5. Place the skillet in the oven and cook until the eggs are set and golden brown, 6 to 7 minutes.

6. Remove the skillet from the oven and loosen the bottom of the frittata with a spatula. Place a serving plate over the skillet and invert the frittata onto it. Cut into wedges and serve hot or at room temperature. Serves 4.

Tip: Crumbled goat cheese may be substituted for Spanish manchego cheese.

Nutrition Information Per Serving: Calories 300; Total Fat 23 g (Sat 6 g, Trans 0 g, Poly 1.1 g, Mono 6.9 g); Cholesterol 440 mg; Sodium 370 mg; Total Carbohydrates 8 g; Dietary Fiber 3 g; Protein 16 g

• Large avocados are recommended for this recipe. A large avocado averages about 8 ounces. If using smaller or larger size avocados, adjust the quantity accordingly.

For other recipes that feature fresh California avocados, including additional original recipes developed by chefs Milliken and Feniger, visit the California Avocado Commission Web site at CaliforniaAvocado.com. *NAPS*

Book Review

Cutting Grocery Bills

Last year, companies distributed 315 billion grocery coupons worth $400 billion across the country, but less than 1 percent of these coupons were redeemed.

To Stephanie Nelson, author of The Coupon Mom's Guide To Cutting Your Grocery Bills in Half (Avery Trade, $15), that's like throwing money down the drain.

"Nothing makes me more excited than showing others how to get a jar of pasta for free by combining sales and coupons," said Nelson.

She never meant to be a coupon mom, but had to develop her strategic shopping method when she and her husband decided she would leave the corporate world to take care of their two small children. It was then she realized that her family budget needed cutting.

While exploring ways to slash costs, she created the site www.CouponMom.com and now offers her tips in the book, published by Avery.

The book details how to get the best deals at wholesale clubs, mass merchandisers, discount stores and drugstores. Readers will learn how to combine sales, coupons and promotions to get the deepest discounts and even free products.

Nelson says cost savings don't mean sacrificing a healthy diet or the foods your family likes. With meal-planning strategies and the simple recipes found in this book, cooking quick, delicious and nutritious meals has never been easier. *NAPS*

Church of the Visitacion

Roman Catholic (1907)

Over a Century in Visitacion Valley

Daily Masses: (Mon-Fri except Wed) 8 a.m. and Wednesday only at 5:30 p.m.

Saturday Masses: 7:30 a.m. and 4 p.m.

Sunday Masses: 8 and 9:30 a.m. (11 a.m. Spanish) 12:30 and 4 p.m.

Our Lady of Visitacion School: Grades K-8 239-7840.
Religious Education: Grades K-8 (Saturday only) 595-1670

Come, Let us worship together!

655 Sunnydale Avenue
San Francisco, CA 94134-2838
(415) 494-5517, Fax 494-5513

Rev. Rafael de Avila y Romero, Administrator Pro Tem
Rev. Thuan V. Hoang, Parochial Vicar

JOHN W. KING SENIOR CENTER

500 Raymond Ave. San Francisco, CA 94134
Phone: 415.239.6233 Fax: 415.239.2262

Nutritional hot lunches served Monday-Friday from 12 to 1 p.m. for only $1.50. Seniors and non-seniors welcomed.

The Senior Center has many amenities, including our spacious outdoor courtyard. We offer social activities designed to keep seniors active and information designed to keep them informed.

Paratransit Service
Arts & Crafts — Chair Dancing
Bingo — Yoga
Computer Center — Exercise Center
Weekly Strength & Tone Classes

USDA SUPPLEMENTAL FOOD DISTRIBUTION SITE
Weekly food bags and Monthly food boxes

EarthTalk

The Right Compost

Dear EarthTalk: My husband and I want to start a garden this year. I really want to make compost from lettover food scraps and yard materials. He says it will attract unwanted animals, and refuses to agree to it. Is he right? If so, how do we deal with that issue in a green-friendly, non-lethal way? -Carmen Veurink, Grand Rapids, MI

It's true that outdoor compost piles and bins can be a draw for wildlife be it bears, rats, raccoons, skunks, opossums or some other creatures of the night — but there are ways to minimize the attraction. For one, make sure everyone in your household knows to keep meat, bones, fish, fat and dairy out of the compost. Not only will these items "overheat" the compost pile, they'll also stink it up and attract animals.

Otherwise, home composters should keep in mind that critters aren't actually eating the compost but are sifting through it to find fresh edible kitchen or garden scraps. To discourage animals, the website OrganicGardening.com recommends mixing kitchen garbage with soil or wood ashes before burying it in the hot center of your compost pile. Washington State's Department of Fish and Wildlife recommends not putting any food scraps in open compost piles, but says that if you must, bury them under at least eight inches of soil and then place a wire mesh barrier over the top held in place with a heavy object or two.

Putting your compost pile in a pest-proof container is another way to prevent tampering with your precious organic soil-to-be. Compost tumblers are popular because they mix and aerate by just being turned occasionally, and they keep raccoons, rats, dogs and other interlopers at bay. Otherwise, compost bins with wire tops or sealed lids work well too, but require a little more manual labor in terms of stirring.

Of course, another option would be to make the compost indoors using a worm bin. You can still put kitchen scraps in just like in a bigger outdoor compost pile, but without the worry of attracting wildlife. The website Instructables.com offers instructions for how to create your own worm composting bin. Another good source is the blog One-Change.com, which offers a step-by-step guide to the process.

The long and short of it is that if you know what you're doing, composting can be a rewarding, environmentally friendly and pest-free experience. For some great tips on how to get started, visit the website Composting101.com, a comprehensive and free guide for the home gardener on what to do and how to do it. Also, some forward-thinking cities such as Seattle are picking up food scraps with yard waste at the curbside along with garbage collection, and making huge amounts of commercially viable compost out of it. If your city or town offers a similar program you might want to consider saving yourself the trouble of doing it at home for the common good.

One more thing to keep in mind is that the garden itself may attract as much if not more wildlife than some food scraps in a compost pile. Strategically placed fencing and wire mesh can frustrate some critters enough to keep them moving along, but you can be sure some of your neighborhood wildlife will reap the harvest that you've sown. And as long as they leave enough for you, who can't live with that?

Dear EarthTalk: What happens to major appliances that get carted off when new ones take their place? We have a dishwasher and a refrigerator that are both on the blink now and may need replacement. I'd rather fix them than buy new, even if it's more expensive to do so, because I don't want to add these big clunkers to the waste stream. What's your take on this? -D.M., Westport, CT

If you look hard enough you might be able to recycle those old appliances, and they will likely be reconditioned and find a good home in a household less privileged than yours, or broken down into their reusable parts and used to help rejuvenate other salvageable units.

The first place to check is with your utility, which would like to see you upgrade to a more energy efficient new model—an older fridge uses upwards of three times the energy of most newer models. Utilities in 10 U.S. states and in Ontario, Canada offer some kind of rebate and free pick-up if you do decide you want to upgrade in partnership with a company called Appliance Recycling Centers of America, Inc. (ARCA), which oversees the appliance recycling process. ARCA's system can prevent up to 95 percent of the recyclable materials in old refrigerators and freezers from entering the waste stream.

Check with your utility to see if they participate in ARCA's program or perhaps offer one of their own. For example, Puget Sound Energy in the Seattle area works with ARCA to offer customers free pick-up of old appliances for recycling and a $30 rebate on their next bill. One caveat is the appliances must be operational, even if not working at full capacity.

If your utility doesn't participate in ARCA's network or have its own appliance recycling program, maybe your municipality recycles appliances, although it'll likely cost you $30 or more. Some will even send a truck for pickup for an additional fee.

But what if neither option is available in your area? Check out the nonprofit website Earth911.org, a free online database of recyclers for anything imaginable across the U.S. Search for the keyword "appliance" and enter in your zip code. You will likely find more than one option within driving distance, but don't be surprised if, like with a municipality, you have to pay not only to recycle your poor old broken down fridge but also for pickup if you need it.

If the appliance is still working, another alternative would be to donate it to a worthy cause which can either find it a good home with a needy family or sell it and put the proceeds into its programs. The housing non-profit Habitat for Humanity runs Habitat ReStores to resell donated goods in 48 U.S. states and nine Canadian provinces. Appliances as well as donated furniture, home accessories and building materials are sold to the general public at a fraction of the retail price to help local affiliates fund the construction of Habitat for Humanity homes within their communities while simultaneously keeping reusable appliances and other materials out of the waste stream. The Salvation Army, St. Vincent de Paul and the American Council of the Blind also may take donated appliances in working order.

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $6 per child; $10 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

Free Compost Classes

Aside from giving veggies and flowers a healthy start, composting encourages beneficial organisms in the soil and can help break the life cycle of plant pests and disease. Join Garden For the Environment (7th Avenue at Lawton Street) for this fun, hands-on class teaching methods for backyard and worm composting on Saturday, Apr. 3 and May 1 from 10 a.m. to 12 noon.

Come learn what you can do to improve your garden without chemical fertilizers or pesticides and prevent organic waste from ending up in the landfill.

*Apr. 3: Spring is a time when all the birds are laying their eggs. Come quilt an egg using a uniquely beautiful process.

*Apr. 10: Assemble your own bendable wire sculpture.

*Apr. 24: Learn about sharks and make a shark's teeth necklace.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Bug Day in April

The bugs will be back and better than ever in Randall Museum's annual celebration of all things buggy on Saturday, Apr. 17 from 10 a.m. to 2 p.m.

Enjoy creepy-crawly crafts, live entertainment, real creatures (and their scientists), and more.

Grapevine Classified

VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the members of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75 percent of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page $60; 1/2 Page $33.75, 1/4 Page $18.75, 1/8 Page $10; 1/12 Page $8, 1/16 Page $6. Generous discount for three or more insertions. Call (415) 467-8300 for more details.

Classified: 20 words for $1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitacion Valley Police Report

Police Cases

*On Feb. 19 at 10:30 p.m. at Cambridge and Wayland streets, the victim reported that while walking home, he was approached by a suspect who asked him for the time. The victim replied that he did not have a watch. The suspect asked if he had a phone with a clock on it. The victim attempted to ignore the suspect and continued walking. The suspect, joined by two others began to chase the victim. The victim was knocked to the ground and "jumped" by the three suspects. The suspects went through the victim's pockets, stealing his iPod and wallet before running away on foot. The victim received medical treatment for his injuries at the scene. Officers were unable to immediately locate the suspects.

*On Feb. 20 at 9 p.m. on the 1000 block of Brussels Street, a victim came into the police station and reported that he and his family had just been robbed in their home. The victim stated that a family member had answered a knock at the door at which point three suspects pushed into the residence and ordered the entire family to lay on the floor. At least one of the suspects was armed with a handgun. The victim was told to disclose the whereabouts of any money and jewelry in the home. The suspects fled the house with money, jewelry, and computer equipment after ordering the family to count to 100 before getting up from the ground. The victim refused medical treatment for his non-life threatening injury. No other injuries were reported. Police responded to the scene of the incident along with the Crime Scene unit for evidence collection and investigation.

*On Feb. 23 at 5:30 p.m. on the 200 block of Blythdale Avenue, officers and a police sergeant assisted Marin County Sheriffs' Office detectives with an investigation. They assisted in the arrest of one male suspect for street narcotics and paraphernalia.

*On Feb. 24 at 1:06 p.m. on the unit block of Blythdale Avenue, officers pulled over a vehicle for a traffic violation. The driver of the vehicle refused to comply with the officers lawful commands. The driver was finally taken into custody. After an investigation the suspect was cited and released. At 8:10 p.m. at Geneva Avenue and Santos Street, officers met with a victim who stated that she just got off of the 8X Muni bus when an African American male grabbed her purse from her shoulder and ran away. A neighbor of the victim witnessed the incident from his vehicle and followed the suspect to an alley on Velasco Street. The witness then assisted the victim by returning to her and calling for the police.

*On Feb. 25 at 7:30 p.m. at Woolsey and Holyoke streets, police responded to a call of a robbery. The juvenile victim told officers that he noticed two subjects get off the bus along with him at Dwight and San Bruno streets. As the victim walked home, he noticed both subjects following him. One of the subjects eventually ordered the victim to hand over the iPod he was listening to. The victim complied and both suspects fled on foot. The victim was not injured as a result of the incident. Officers were not immediately able to locate the suspects. At 7:38 p.m. at John Shelley Drive and Mansell Street, an officer was on patrol when he saw three males walking in the middle of the street. One of the suspects threw a wine bottle into some near-by bushes. One of the suspects was arrested for public intoxication. A search revealed he was in possession of several graffiti tools, which he was also cited for. The other two suspects were cited for their traffic infractions and littering. At 2:10 p.m. at San Bruno Avenue and Silliman Street, police responded to a call of a robbery. The victim stated that he was sitting in his parked car when two subjects approached each side of the car and opened the door. One of the subjects demanded money from the victim as the other rummaged through the car. The victim gave one of the subjects the money from his wallet before both subjects fled on foot. Officers were not immediately able to locate the subjects. The crime scene unit processed the victim's vehicle for evidence.

*On Feb. 26 at 4:15 p.m. at Santos Street and Velasco Avenue, an Asian female juvenile victim told officers that a Hispanic female teenager stole her iPod Touch from her lap on the bus and ran off of the bus. At 9 p.m. on the 1200 block of Girard Street, officers responded to a robbery call. The victim stated that he was approached by three African American males, young adults or teens, one of which pointed a black handgun in his face, another had a taser. The suspects went through the victims pockets and stole his iPod, and money.

*On Feb. 27 at 12:01 a.m. on the 1700 block of Geneva Avenue, an officer was told by the victim that he and his girlfriend have received harassing phone calls from an unknown suspect for about two years. At 4:30 p.m. on the 100 block of Blythdale Avenue, officers responded to a residential burglary. They were told by the victims that an unknown suspect entered their home and stole their television and other electronics and personal items.

*On Mar. 1 at 12:05 a.m. on the 1800 block of Sunnydale Avenue, officers responded to a Housing Residence where the victim stated that one window of the unit was damaged by an unknown suspect who shot it with a BB gun. At At 7 a.m. on the 100 block of Blythdale Avenue, a woman reported that a loaner car she was provided by her mechanic was vandalized while parked near her home. The sunroof was smashed. At 11:53 a.m. at Santos Street and Geneva Avenue, officers contacted a known suspect and discovered that he had a warrant for his arrest. At 9:30 p.m. on the 200 block of Brookdale Avenue, an officer prepared a report of theft. A delivery driver was duped by a suspect who took the delivered Chinese food and did not pay for the food.

*On Mar. 2 at 11:45 a.m. on the unit block of Schwerin Street, a victim reported that his bag was stolen from his unlocked office while he attended to duties outside of his office. At 5:45 p.m. on the 300 block of Campbell Avenue, officers responded to a battery call. The suspect punched a woman and her husband in their home. The suspect is a family friend. The suspect was arrested and later cited. The suspect was also evaluated for his mental health.

*On Mar. 5 at 6:05 p.m. on the 1800 block of Sunnydale Avenue, officers were met by a parent who stated that her daughters' boyfriend had stolen a rented vehicle from their home and damaged the vehicle. The family had retrieved the vehicle and attempted to contact the suspect to no avail. The officers were also unable to contact the suspect. At 8:32 p.m. on the 1800 block of Sunnydale Avenue, officers responded to a call of a bullet in a residence. They had previously responded to a shots fired call in the same area. The victim found her window broken and a bullet fragment in her drapes. At 9:10 p.m. on the 200 block of Schwerin Street, officers responded to reports of damage to vehicles after a shots fired incident. They found two damaged vehicles and shell casings.

*On Mar. 6 at 12:55 a.m. on the 200 block of Rey Street, officers responded to the report of a family dispute. The suspect in the matter had an outstanding warrant and was arrested. At 9:49 p.m. at Santos Street and Geneva Avenue, officers were on patrol in plain clothes when they saw a group of men standing on a street corner with markers and spray paint. Believing that the men were intending to vandalize buildings, the officers detained them. One of the men was wanted for a warrant and was arrested. At 2:16 p.m. on the 200 block of Blythdale Avenue, officers responded to assist a police sergeant who had been flagged down regarding a robbery. The victim said she was standing with her friend when she was approached by several men who asked if she wanted to hang out with them. When the victim declined, one suspect stole the victim's cell phone from her. Another suspect punched the victim's friend and stole his cell phone. The group then fled on foot. They were described as African-American males, two of which were wearing black masks. At 8:59 p.m. at Bayshore Boulevard and Arleta Avenue, officers were dispatched to the report of a robbery. The victim said that she was standing on a MUNI platform when she saw three African-American females walk onto the platform. The victim was looking at a Muni directory when one of the suspects grabbed the victim's hair from behind and forced her to the ground. The suspects began to assault the victim and then stole her iPhone and purse. The suspects fled the scene on foot on Bayshore Boulevard. One suspect was wearing a black leather jacket, and all three were 15-17 years old.

*On Mar. 7 at 5 a.m. on the 2100 block of Bayshore Boulevard an officer responded to a store and was told that two cash registers were stolen. The owners stated that they heard male voices in the store from their attached residence then heard the alarm sound. They went into the store and found the glass entry doors shattered, and the lock on the exterior metal gates was cut. At 7:45 a.m. at Silliman and Hamilton streets, a victim was robbed of his wallet. While walking, he was approached by two subjects who demanded money. When he said that he did not have any, one of the subjects lifted his shirt, revealing the butt of a handgun in his waistband. He then grabbed the victim and went through his pockets, ultimately removing the wallet which he then tossed to his accomplice. The victim was not injured. Both subjects ran to, and got in a parked vehicle before driving off. The victim was able to describe the vehicle and give a partial plate number. The suspects could not be immediately located. The investigation is ongoing. At 11:02 a.m. on the 1700 block of Sunnydale Avenue, a woman reported to an officer that she and her young son was threatened by her boyfriends ex-girlfriend. The victim showed the officer several threatening text messages from the suspect. At 11:59 p.m. at San Bruno and Wilde avenues, a young Asian female victim reported to officers that she had been robbed by a large build African American male adult. The victim was sitting alone in the bus shelter when she was approached by the suspect who demanded her money. She told the suspect that she did not have any, he then punched her numerous times on her head and face, knocked her down on the ground, grabbed her bag then kicked her until she let go. Suspect description: African American, male, 20-30 years old, 6'2, 250 lbs., bald, wearing a red hooded sweatshirt, orange shirt, blue jeans, black athletic shoes.

*On Mar. 8 at 8:15 p.m. on the 1800 block of Sunnydale Avenue, officers responded to a fight. The suspect, a family member, was gone. The victim stated that the intoxicated suspect had threatened her life when she would not let him stay at her home for the night. A return call was made when the suspect returned and broke the kitchen window of the home. Again the officers were unable to locate the suspect. A short while later, the suspect returned to the residence and this time was taken into custody after a short foot pursuit. The suspect was arrested for his earlier offenses, as well as a probation violation. At 1 p.m. on the unit block of Brookdale Avenue, officers investigated a burglary incident. They spoke with the victim who stated that she returned home to find her rear window slightly open and that money and her bicycle were stolen from her apartment.

*On Mar. 9 at 5 a.m. on the unit block of Brookdale Avenue, a man reported, to an officer that his wife had left their home with their children and intended to return to Samoa, where she is a citizen. He stated that she had told him of her intentions, but that he did not give her permission to take the children from the country. All of the proper authorities were notified and an investigation initiated. At 7:45 a.m. on the 100 block of Brookdale Avenue, officers responded to a housing residence and found a threatening note attached to a hammer, smashed through the front window. The resident stated that she had reported the wheels stolen from her vehicle recently and believed that the threat was in regard to that incident. At 1:15 p.m. on the 100 block of Campbell Avenue, officers responded to a residence regarding a trespasser within the home. The officers were told that the brother of the resident was in the home in violation of a stay away order. A computer check revealed that the suspect also had a warrant for his arrest. He was taken into custody.

*On Mar. 10 at 4:53 p.m. on the 1800 block of Sunnydale Avenue, officers were patrolling the Sunnydale Housing area when they were called to respond to a "shots fired" call. They were directed by citizens to the area where the shots were being fired and quickly located the suspect. The adult Hispanic male was seen holding an "Uzi" type assault rifle which he was actively shooting west up Sunnydale Avenue toward a group of fleeing victims. The officers, approaching from the rear, got near the suspect and exited their vehicle. The suspect saw the officers and ran away. An officer continued on foot between the buildings chasing the suspect, while other officers got back into the car to cut off the suspects path. The officers were then able to stop the suspect between Sunnydale and Brookdale avenues. The suspect still had the weapon in his hand and was ordered to drop the gun numerous times before he finally relinquished the weapon and was taken into custody. An intense investigation then ensued with the help of numerous other Ingleside personnel as well as Gang Task Force officers. Other weapons, ammunition, and narcotics were located in the suspect's home and a second suspect was arrested. Many buildings and vehicles were damaged, but no victims were injured, due to the officers' disregard for their own safety in taking on this violent suspect. At 5 p.m. on the 1100 block of Sunnydale Avenue, officers located a known gang member loitering with other gang members in an area where the suspect was known to have a "stay away" order. They contacted the suspect and ran a records check with revealed that he was not only in violation of the stay away order, he had two warrants for his arrest. At 6 p.m. at Sunnydale Avenue and Britton Street an officer prepared a report at Bayview Station regarding a robbery. The victim said he was walking home when he saw four men with whom he had conflicts in the past. The victim tried to avoid the group by pulling a hood over his head, but was surrounded by them. The suspects surrounded the victim and accused him of being a gang member before checking his pockets for property and then assaulting him. At 7:19 p.m. at Visitacion Avenue and Britton Street, officers were on patrol when they responded to the report of a robbery. The victim said that he was on a Muni bus when he was surrounded by four Hispanic males who threatened him physical harm if he did not give them his iPod. One suspect then reached into the victim's pocket and took the iPod. The victim feared for his safety and exited the bus.

*On Mar. 11 at 2:44 a.m. on the 400 block of Leland Avenue, officers were dispatched to the report of a fight. They arrived and found a man and woman arguing with each other. The woman stated that the suspect was her brother-in-law and that he had slapped her in the face. The suspect was charged with battery. At 12:23 p.m. at Santos Street and Brookdale Avenue, officers were on patrol when they saw a man and a woman walking down the street. They knew the man from prior contact and knew that he had an active search condition due to being on probation. The officers detained that man and found him to be in possession of a large amount of cash and several baggies of crack cocaine. Both the cash and the drugs were arranged in a manner which was consistent with the intent to sell the drugs. The man was charged with possession of drugs for sale and a probation violation. At 5:35 p.m. at San Bruno Avenue and Bacon Street, a victim was standing on a street corner checking her iPhone when a subject ran up to her and grabbed the iPhone. After a short struggle, the suspect was able to pry the phone away and fled on foot. The victim gave chase but was unable to catch up. Officers responded to this call and were able to spot a subject who matched the description broadcasted to them by dispatch. The subject they detained was positively identified by the victim, but he did not have the phone on his person. The officers, through further investigation, were able to determine that the subject had actually handed off the stolen property to his accomplice in a nearby restaurant. The officers were able to locate and apprehend this second subject as well who had the stolen phone in his possession. Both subjects were arrested and booked. The victim was not injured as a result of this incident. At 7:52 p.m. at Brookdale Avenue and Santos Street, officers were on patrol when they heard gunfire in their area. They went to investigate and saw a man who they knew to had a stay-away order from the area. They attempted to stop the man, who then took off running. Multiple police units responded and after a lengthy foot pursuit, took the suspect into custody. The man continued to fight with the officers even after being caught. The officers found a loaded pistol which the suspect had discarded during while running.

*On Mar. 12 at 10:50 a.m. on the unit block of Santos Street, officers responded to a housing unit and contacted the resident who stated that her home had been entered by an unknown suspect and two computers, a Play Station and a Wii system plus games and an iPod were stolen from her home. The suspect made entry through an open bathroom window.

*On Mar. 13 at 12:13 p.m. on the unit block of Brookdale Avenue, an officer was patrolling on motorcycle through the parking lots in the housing complex when he was suddenly and violently pushed on the side by an adult African American male. Only the officer's skill level kept him from crashing the motorcycle and sustaining serious injury. The suspect was taken into custody. At 11:30 a.m. at Visitacion Avenue and Cora Street, officers responded to an assault call. They contacted the victim's brother and sister, who stated that another brother with whom they are estranged, engaged them in a verbal argument and then attempted to hit them with his car. At 11 p.m. on the 100 block of Garrison Avenue, officers responded to a residence and were told by the homeowner that a known suspect had trespassed on the property and threatened to beat him up during a verbal argument. At 11:30 p.m. on the 300 block of Leland Avenue, officers met with man who stated that he found several shell casings in the street near his residence. The man stated that he heard shots fired and later found the casings. The officers did not find any damaged buildings or vehicles. *See Next Page*

Visitacion Valley
Community Center
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Police Cases

*On Mar 14 at 1:05 a.m. on the 3800 block of San Bruno Avenue, officers responded to a vehicle fire. A witness to the incident stated that a mid-'90s four-door European make sedan sped away from the area with four African American juveniles or young adults on board. The owner of the van stated that he confronted some graffiti vandals the previous day and believed they were responsible for the damage to his vehicle. At 3:15 a.m. at Velasco Avenue and Santos Street, officers responded to SFGH regarding a robbery. The officers met with the victim, a Hispanic female adult, who told them that she was surrounded by two suspects, a young adult African American male and a Hispanic male. The suspects grabbed her and pushed her, knocking her to the ground onto some broken glass. The victim was able to retain her clutch wallet because the suspects ran away saying, "Police are coming." The victim was taken to the hospital by her family for treatment.

*On Mar. 16 at 4:13 p.m. on the unit block of Brookdale Avenue, officers were on patrol when they responded to the report of a burglary. The victim said that she returned home to find her front door open and some jewelry and cameras stolen. The officers determined that the suspect gained access to the home through an unlocked window. At 5:14 p.m. at Geneva Avenue and Carter Street, officers were dispatched to the report of a battery. The victim said that he was riding Muni when he noticed some suspects tagging the bus. When he asked the suspects to stop, he was met by profanity from the suspects. He was then punched several times by two of the suspects as they all exited the bus. The officers searched the area and found one of the suspects who hit the victim. The suspect was issued a citation for the battery. At 7:24 p.m. on the unit block of Talbert Street, officers responded to the residence of a known parolee who had an outstanding warrant for his arrest. The man was located and arrested for his warrant.*On Mar. 17 at 4:04 p.m. on the 400 block Raymond Avenue, officers responded to the report of threats. The victim was a counselor at a school who had had a confrontation with a parent in regards to a disciplinary problem with a child. The counselor said that what the parent said made her fear for her safety. At 5:55 p.m. at Santos Street and Brookdale Avenue, officers observed a suspect known to them to be wanted for a previous robbery incident in the playground area at the above location. The suspect attempted to conceal himself from the officers, hiding behind a garbage dumpster. The officers approached the suspect and he ran away. The officers gave chase and caught the suspect, taking him into custody.

*On March 18 at 9:04 a.m. on the unit block of Blythdale Avenue, a Hispanic woman reported that she was beaten up by three African American teenager/young adults. The suspects told the victim that they were going to run her out the area. At 12:45 p.m., an unoccupied vehicle was shot into in the area of San Bruno Avenue and Dwight Street. Responding officers immediately canvassed the area and received information regarding descriptions of possible suspects and another vehicle that was possibly involved. Officers searching for this vehicle located a car matching the description. The occupants were detained and interviewed.

*On March 19 at 5:30 a.m. on the 100 block of Raymond Avenue, a report was prepared a report regarding a theft from a vehicle. The victim stated that his parked and locked vehicle was broken into by an unknown suspect over night and his stereo with GPS was stolen.

*On March 21 at 1:42 a.m. at Visitacion Avenue and Schwerin Street, officers responded to the report of an auto burglary. The victim was awaken at home to the sound of breaking glass. He looked outside and saw two African-American men (both about 5'6 and 160 lbs.) wearing dark clothing walking down the street with tools from his truck. The victim said he tried to go after them but was prevented from doing so by two other African-American males and one African American female. At 2:41 p.m. on the 100 block of Schwerin Street, officers were on patrol when they were dispatched to the report of a theft. They met with the victim who said that someone had stolen her cell phone out of her purse. The victim said that only she and a friend were inside the house at the time of the theft. At 7:15 p.m. on the 300 block of Arleta Avenue, officers were on patrol when they saw a car turn a corner and come to a screeching halt. Four men jumped out of the vehicle and began to run. The officers, recognizing the driver as a suspect with whom they had prior contact, went after them. They were able to detain the driver and one of the passengers. The car they were driving was stolen. The driver was arrested for vehicle theft and resisting arrest and the passenger was cited for resisting arrest. At 9:01 p.m. on the 400 block of Argonaut Avenue, officers responded to the report of a burglary. The victim said that her babysitter was home with her children when she heard some commotion in the back yard, but did not look to see what it was. The baby sitter later looked and saw that a shed in the rear of the building had been broken into and burglarized. Missing was several pieces of photography and computer equipment. At 9:57 p.m. on the 200 block of Brookdale Avenue, officers were dispatched to the report of a robbery. The victim was making a delivery when he met with the suspect. The suspect said that if the victim gave him the delivery, her would go inside and get some money. The victim refused to give the suspect the delivery without payment and got back into his car. The suspect then went over to the car and took the delivery from it and fled on foot. The suspect was described as an African-American male (5'8, 140 lbs., 25-29 years old) wearing a black jacket with dark pants.

*On March 22 at 12:30 a.m., officers were working undercover in the area of San Bruno Avenue. Everyone familiar with the area knows that graffiti is a huge problem on the San Bruno corridor and has been the source of constant complaints from merchants and residents alike. The officers observed two subjects "tagging" on the side of a house on the 2800 block of San Bruno Avenue. The officers arrested the subjects and through further investigation, located numerous other markers and cans of spray paint in the backpacks they were carrying. Due to the fact that "tags" are individualized to the perpetrator and are used as a moniker for marking property around the city, the Graffiti Abatement Unit conducted a follow up investigation. At 3:40 p.m. on the 400 block of Argonaut Avenue, an officer responded to a shooting call and spoke with the victim. The victim stated that he was standing outside of his home smoking a cigarette when an unknown African American juvenile male, 15-17 years old approached him and shot him one time in the leg. The victim fell to the ground and the suspect said, "I thought you were someone else." The victim received a non-life threatening injury. At 5:41 p.m. on the 700 block of Delta Street, officers observed a vehicle blocking the sidewalk parked in a driveway. They attempted to contact the resident to have the vehicle moved and got no response to the door. They discovered the vehicle had false tabs and ordered a tow truck. The owner of the vehicle then exited his home and admitted to the officers that he bought the false tabs and placed them on his vehicle to avoid payment of registration fees. He was cited and released for the misdemeanor offense and a parking citation issued for blocking the sidewalk. At 11:08 p.m. on the 200 block of Blythdale Avenue, a young boy was taken to the hospital by his grandmother after he was tripped and then punched by two neighborhood boys. The victim sustained an injury to his wrist.

*On Mar. 23 at 1:56 a.m. on the 1500 block of Sunnydale Avenue, officers were on patrol when they responded to the report of threats. The victim said that she saw a woman, who she had seen around before, standing out in the rain. The victim offered to let the suspect come into her residence while it rained. When the weather cleared up and the victim asked the suspect to leave, she became verbally abusive and after leaving, threatened the victim with brass knuckles and pepper spray. At 7:54 a.m. on John F. Shelley Drive at Mansell Street, officers responded to McLaren Park regarding a suspicious male. They located the described suspect and contacted him. The man was wearing camouflage clothing with bulky pockets. The suspect told the officers that he had weapons on him and in his vehicle. He also told the officers that he had cocaine in his pocket. He was placed under arrest. The weapons and narcotics were seized. At 3:20 p.m. on the unit block of Blythdale Avenue, officers were dispatched to the report of a stolen firearm. The officers met with the victim and her grandson. The victim said that she used to have a rifle and a shotgun in her closet, but that they went missing about a month ago. The victim thought that her grandson may have stolen the weapons, but was unsure. The grandson denied taking the guns and said he thought an acquaintance probably took them, but refused to say who. At 6:07 p.m. on the unit block of Leland Avenue, officers were working in plain clothes when they observed a group of people standing in front of a laundromat. Some in the group were observed to be in possession of open containers of alcohol and there was a pungent odor of burnt marijuana near the group. The officers detained them and found that one suspect, a 19 year old white female who was visibly pregnant, had two warrants for her arrest and was in possession of stolen property as well as marijuana packaged for sale. Another of the group, an adult white male, was detained for public intoxication and later released. At 7:49 p.m. on the 200 block of Wilde Avenue, officers were dispatched to the report of a robbery. The victim said that she had just exited a Muni bus when she was approached from behind by two suspects. One suspect grabbed the victim from behind in a headlock while the other ripped the purse away from her. The victims then fled on foot with the purse. One suspect was described as an African American male (6'0" 170 lbs., 25-35 yrs. old) with medium dreads and black clothing. The other was an African American female (5'7" 150 lbs.) with a black button up jacket.

Police Summaries

*Feb. 22, 12:35 p.m., Sunnydale Ave. and Hahn St., unlicensed driver

*Feb. 23, 2:42 p.m., Brookdale and Blythdale Aves., unlicensed driver

*Feb. 24, 12:30 a.m., 100 block of Blythdale Ave., stolen auto

*Feb. 24, 9:45 a.m., 100 block of Blythdale Ave., stolen auto

*Feb. 25, 10:44 p.m., 200 block of Schwenn St., stolen auto

*Feb. 26, 10:40 a.m., 1900 block of Sunnydale Ave., recovered auto.

*Feb. 26, 5:52 p.m., Velasco Ave. and Santos St., recovered auto

*Feb. 28, 1:30 p.m., 200 block of Brookdale Ave., stolen auto

*Feb. 28, 9 p.m., 2100 block of Geneva Ave., stolen auto

*Mar. 5, 10:47 p.m., Velasco Ave. and Santos St., recovered auto

*Mar. 7, 10:47 p.m., Velasco Ave. and Santos St., recovered auto

*Mar. 7, 6 a.m., 400 block of Velasco St., stolen auto

*Mar. 8, 8 a.m., 1800 block of Sunnydale Ave., stolen vehicle

*Mar. 8, 10:15 a.m., Unit block of Blythdale Ave., stolen vehicle

*Mar. 9, 9:07 p.m., Leland Ave. and Rutland St., unlicensed driver

*Mar. 9, 12:15 a.m., 100 block of Teddy Ave., recovered auto

*Mar. 10, 7:55 a.m., Brookdale and Blythdale Aves., traffic collision

*Mar. 10, 9 a.m., Leland Ave. and Peabody St., traffic collision

*Mar. 10, 1:04 p.m., 900 block of Hamilton St., recovered auto

*Mar. 13, 3:45 a.m., 2200 block of Bayshore Blvd., traffic collision.

*Mar. 13, 11 a.m., Goettingen and Woolsey Sts., stolen auto

*Mar. 14, 7:59 p.m., Rio Verde St. and Geneva Ave., suspended driver

*Mar. 15, 1:37 p.m., 100 block of Tucker Ave., recovered auto

*Mar. 17, 11:14 a.m., Felton St. and San Bruno Ave., stolen plates

*Mar. 17, 12:03 p.m., Unit block of Blythdale Ave., recovered auto

*Mar. 21, 7:05 p.m., 1400 block of Visitacion Ave., recovered auto

*Mar. 21, 7:17 p.m., 300 block of Arleta Ave., recovered auto

*Mar. 22, 2:45 p.m., 500 block of Raymond Ave., recovered auto

Captain David Lazar of Ingleside Station and Captain Greg Suhr of Bayview Station contributed to this report.

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G	A	D	X	N	D	N	M	A	H	A	G	I	A	N	I	M	H	W	J
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F	U	Z	H	G	A	B	I	T	I	R	U	C	F	G	H	U	V	E	F
C	G	C	G	H	J	J	C	V	B	P	V	G	M	H	M	M	B	P	D
X	A	C	N	A	L	B	A	S	A	C	U	F	D	X	Z	C	V	A	X
C	F	T	Y	U	I	O	P	P	I	H	G	R	N	M	J	U	M	C	K

Historic Proportions

1851

Match clues to answers.

1. University founded on Jan. 28.
2. Two moons of this planet discovered Oct. 24.
3. Colony separated from New South Wales on Juy 1.
4. Lost power in Peru on Apr. 20..
5. Population census is taken here on Mar. 30...
6. Famous newspaper founded Sept. 18.
7. Erupting volcano killed 30 on Aug. 5.
8. News service founded in October.
9. Rebellion started on Jan. 11.
10. First settlers of what later becomes Seattle on Nov. 13.
11. Yacht won first America's Cup race Aug. 22
12. Claimed gold discovery in Australia on Feb. 12,

A. New York Times
B. Denny Party
C. Mount Pelee
D. Victoria
E. Taiping
F. Reuters
G. United Kingdom
H. Northwestern
I. Edward Hargraves
J. America
K. Ramón Castilla
L. Uranus

Answers: 1-H; 2-L; 3-D; 4-K; 5-G; 6-A; 7-C; 8-F; 9-E; 10-B; 11-J; 12-I.

As a Matter of Fact

*Abraham Lincoln was the only president to receive a patent. It was for a device for lifting boats over shoals.

*Mongooses were brought to Hawaii to kill rats. The plan failed because rats are nocturnal and the mongoose hunts during the day.

*An old law in Bellingham, Washington made it illegal for a woman to take more than three steps backwards while dancing.

*In the Middle Ages, animals were often blamed for misfortune and were sometimes taken to court for their crimes. The proceedings usually culminated in a sentence to death despite the efforts of defending lawyers. A group of leeches, tried in Lausanne in 1451, were allowed to live but were stemly wamed to leave the district within three days.

*If the average man had a metabolism comparable to a hummingbird, he would have to eat 285 pounds of hamburger every day to maintain his weight.

*The Uilleann pipe id a type of bagpipe native t Ireland. It is normally played while seated. It has a range of up to two octaves.

*In ancient Rome and in some parts of England, nuts were offered to a bride and groom as they left the church after marrying.

*Isaac Asimov is the only author to have a book in every major category of the Dewy Decimal System.

*In Britain, a good crop of nuts in a district was once thought to indicate that a large number of births would take place.

Grapevine Five Years Ago

APRIL 2005

*Local chefs from a new program called Nextcourse provided cooking and nutrition classes for families living in Visitacion Valley.

SEZ WHO?

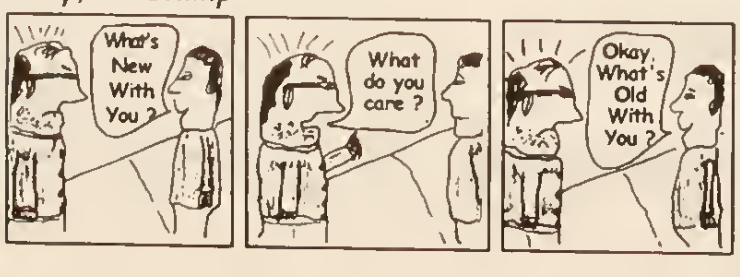
Match quotes to speakers.

1. "It's good to have an end to journey toward; but it's the journey that matters in the end."
2. "The winds and waves are always on the side of the ablest navigator."
3. "The persons hardest to convince they're at the retirement age are children at bedtime."
4. "Happiness is a perfume which you can't pour on someone without getting some on yourself."
5. "History is the discovering of the constant and universal principles of human nature."
6. "It is useless to attempt to reason a man out of a thing he was never reasoned into."
7. "Nothing gives one person so much advantage over another as to remain always cool and unruffled under all circumstances."
8. "Make sure that you have finished speaking before your audience has finished listening."
9. "Yesterday is a canceled check; tomorrow is a promissory note; today is only the cash you have, so spend it wisely."

A. Shannon Fife
B. Jonathan Swift
C. Ralph Waldo Emerson
D. Ursula LeGuin
E. Dorothy Sarnoff
F. Thomas Jefferson
G. Kay Lyons
H. Edward Gibbon
I. David Hume

Answers: 1-D; 2-H; 3-A; 4-C; 5-I; 6-B; 7-F; 8-E; 9-G.

Sump, the Grump



Total Housing Starts Rise Again in February

SACRAMENTO – Total housing starts in California continued to rise in February, but a downturn in single-family permits signaled that a housing recovery has yet to materialize and prompted industry officials to applaud lawmakers for quickly passing a new homebuyer tax credit program, the California Building Industry Association announced on March 24.

"While we've had some positive momentum in new-home construction numbers recently, the decrease in single-family permits from January suggests that the housing sector is still pretty fragile," said Liz Snow, CBIA's President and CEO. "We applaud the Legislature for quickly passing the new homebuyer tax credit proposal which will help in continuing to stabilize the housing sector while helping to clear out inventory and put more people back to work."

According to statistics compiled by the Construction Industry Research Board (CIRB), permits were pulled for 3,404 total housing units in February, up 41 percent from the same month a year ago and up 11 percent from January. Permits for single-family homes totaled 1,720, up 32 percent from February 2009 but down 12 percent from the previous month, while multifamily permits totaled 1,684, up 51 percent from a year ago and up 50 percent from January.

For the first two months of the year, permits were pulled for 6,481 units, up 46 percent when compared to the first two months of 2009 when 4,432 permits were issued. Single-family permits were up 43 percent while multifamily permits rose 51 percent.

Ben Bartolotto, Research Director for CIRB, said that while the numbers were up when compared to the same period last year, it should be noted that the first two months of 2009 posted the lowest monthly totals of the year.

CIRB is forecasting 52,000 total units will be built in 2010, up slightly from the record-low 36,327 permits pulled in 2009.

Snow added that the tax credit proposal will not only help provide a boost to the housing sector, but will also provide a boost to California's overall economy.

"We're pleased to see California lawmakers focusing on jobs and the economy," said Snow. "With the housing industry being one of the top economic generators in our state, the new homebuyer tax credits will help put more people back to work not only in new-home construction, but in related industries that depend on a healthy housing industry. This is a great step in putting these people back to work and kick-starting our overall economy."

Visitacion Valley Business Directory

Valley free listings in the 415 area code. Call the Grapevine at (415) 467-9300

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DRAGON CITY AQUARIUM, 144 Leland Ave , 333-4598
ART
J M ASIAN ART, 130 Leland Ave , 828-3328
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd , 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd 239-5239
BROTHER'S AUTO BODY, 2520 Bayshore Blvd
CHARLIE'S GARAGE , 2550 Bayshore Blvd , 239-7450
TIGER'S AUTO BODY, 23 Industrial Way, Brisbane 94005, 467-6866
T.W AUTOMOTIVE , 2500 Bayshore Blvd , 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave , 622-4501
BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave , 239-2253
BARBERS
BARBERSHOP, 3570 San Bruno Ave , 724-4398
EMMA'S HAIR SALON, 35 Leland Ave , 587-7429
THE SHOP (JB), 160A Leland Ave , 239-6709
BEAUTICIANS
AS YOU R, 170 Leland Ave , 756-1450
BODY, SOUL & SPIRIT, 222 Leland Ave , 333-7261
CONNIE'S HAIR, 2436 Bayshore Blvd , 586-8288
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave , 333-1005
NAILS BY JENNY, 50 Leland Ave , 333-6800
SHERRY BEAUTY SALON, 60 Leland Ave , 337-9381
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St , 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St , 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd , 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave , 333-6382
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 494-5617, fax 494-5513
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave , 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave , 239-5457
ST JAMES PRESBYTERIAN CHURCH, 240 Leland Ave , 586-6381
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NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
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TEDDY B's HARDWOOD FLOORS, 309-6342
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IL FIORE FLOWERS, 2466 San Bruno Ave 468-0145
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AMAZING MAYS HANDYMAN SERVICE AND FURNITURE REFINISHING, 6220 3rd St., 368-3129
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SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd , 239-5990
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LA LOMA PRODUCE #2, 65 Leland Ave , 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave , 586-1815
M & M SHOPTSTOP, 2145 Geneva Ave , 585-0878
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7-11, 2200 Bayshore Blvd , 468-8646
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TEDDY'S MARKET, 298 Teddy Ave
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SAN ON HERBS, 33-A Leland Ave 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave , 468-5631
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EOIE EPPS (A H E INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
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CITY WASH, 83 Leland Ave , 333-9467
COIN WASH & DRY LAUNORY, 186 Leland Ave
FORTY-NINER CLEANERS , 51 Leland Ave , 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave 586-1412
VALLEY LAUNDRY, 90 Leland Ave
VISITACION VALLEY LAUNDRY, 108 Leland Ave , 239-9030
LEARNING
FIRST PLACE 2 START, 1252 Sunnydale Ave , 333-2659
HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Rey St., 586-8700
JOHN KING CHILD AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave , 333-1375
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave , 452-4907
VISITACION VALLEY COMMUNITY CENTER CHILDRENS PROGRAMS, 103 Tucker Ave , 467-5565
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave , 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave , 239-5270
MANUFACTURER
SEE'S CANDIES, INC , 345 Schwenn St
MARTIAL ARTS
KUK SOOL WON, 189 Leland Ave
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave , 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept of Public Health), 1099 Sunnydale Ave., Appointments 715-0310
DR SAM HO, MD, 2858 San Bruno Ave , 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave , 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr Divyang Patel) 2858 San Bruno Ave 467-7500
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd , 587-2689
WILLIE L. BROWN, JR TEEN CENTER, 1652 Sunnydale Ave , 584-6099
CHINESE FOR AFFIRMATIVE ACTION IN VISITACION VALLEY, 1099 Sunnydale Ave., 597-5779
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave , 239-6233
LELAND HOUSE, 141 Leland Ave , 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave , 333-4001
SUNNYDALE BOYS & GIRLS CLUB, 1654 Sunnydale Ave , 584-5028
SUNNYDALE DEVELOPMENT COO OFFICE, 1652 Sunnydale Ave , 841-1683
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave , 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave , 239-5811
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WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave 467-7401
POST OFFICE
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REAL ESTATE
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LaFLUE-WALTON & ASSOCIATES 2428 Bayshore Blvd , 587-8683
ROYAL PACIFIC MORTGAGE, 46 Leland Ave , 333-4900
CATHY KLINE SAUNOERS (Zephyr Real Estate), 215 West Portal Ave 731-5011 ex 163
RESTAURANTS
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G & L BAKERY & RESTAURANT, 198 Leland Ave , 239-6283
LUAN FAT BAKERY, 110 Leland Ave , 585-1167
NAYANT TAQUERIA 98 Leland Ave , 587-7721
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SCULPTOR
CARTORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138
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DYNAMIC DEVELOPMENTS (Marjorie Ann Williams CEO, Career and Self-Enhancements Specialist) 467-7608
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VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING, 120 Leland Ave
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave , 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave ,586-6998, Fax 586-8027
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D & A WIRELESS, 78 Leland Ave , 452-4139
VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave , 333-3923

Events in April at the Valley Branch Library

Following are events in April at the Visitacion Valley Branch Library, 45 Leland Ave.

*Apr. 1, Thursday: Family Literature Program from 5 to 5:45 p.m. — Learn about literature by stories, movies, mages and crafts.

*Apr. 7, Wednesday: Simple Sock Creatures from 3:30 to 5 p.m. — Learn how to make an adorable, plush creature from a sock! All materials provided, but feel free to bring in stray socks that are in good condition. For teens, ages 12-18.

*Apr. 19, Monday: Magic Show from 10:30 to 11 a.m. — Come see Dan Sneider perform this wonderful, eye-opening magic program.

*Apr. 21, Wednesday: Button Mania! from 3 to 5 p.m. — Back by popular demand! Draw a Picture, cut one out, or bring one in. Make a personalized button to decorate your bags, jackets, shirts, hats, etc. The buttons are 1-1/4 inches in diameter, so think small! Ages 12 to 18.

*Apr. 22, Thursday: Family Lietrature Program from 5 to 5:45 p.m. — Join the Library and PBS to learn about literature by listening to stories, doing crafts and watching movies.

Grapevine on the Web
Read current and past stories from the Visitacion Valley Grapevine at www.visvalleygrapevine.com

Things to Know About Martial Arts

Martial arts schools are now everywhere and practiced by just about everyone. For children, they're often the first choice when it comes to picking extra-curricular activities. They get to dress up, leap and kick, and work off excess energy while learning to defend themselves from school bullies and forgetting, for a while at least, that they own a Wii. And for grown-ups, martial arts can be an important way for both men and women to learn self-defense, to keep fit, and even connect with an ancient tradition. Many people think they know something about martial arts, but here are five facts about one of the country's most common pastimes that few realize:

1. Martial arts reduces aggressiveness in students. Martial arts might be about self-defense, but it would be no surprise if an activity whose main goal is usually to deliver a blow to an opponent increases aggression in the people who practice it. In fact, though, studies have found the opposite to be true. The longer students perform martial arts, the lower their level of aggression.

A number of explanations have been put forward for that result. Some experts have argued that martial arts training raises self-esteem, heightens confidence, increases empathy, provides a sense of peacefulness, and improves well-being. They argue that martial artists are likely to become more aware of rising anger in others and to deflect situations that could lead to violence. Others point to calm teachers as models of non-aggression for students to copy, while a third group notes that much martial arts training involves practicing routines rather than actually hitting people. Whatever the reason, martial arts training reduces the likelihood of a fight taking place and improves the chances of winning one.

2. Girls are often better than boys at martial arts. Although success in a real fight depends on physical strength as well as fighting techniques, when it comes to learning those techniques, girls – at least until their early teens – often outperform boys.

Part of the reason is that young male students tend to be more attracted to the machismo of fighting skills. They're more likely to play around in class and less likely to pay attention to practice. Girls, on the other hand, tend to benefit from extra flexibility, high-kicking their way past their male classmates – at least until the boys get older, stronger, and more serious about their training. Then, power and weight aside, the honors are even.

3. Belts and dans are poor measurements of martial arts skill. The belts martial artists wear might be a sign that they know some fighting skills, but they're not an accurate display of their abilities. The belt system itself is little more than a hundred years old and began with just two colors – black and white – which is a scheme still used in karate and aikido.

The real problem is that different disciplines and organizations use different testing requirements, and some schools earn extra revenue by charging for frequent – and often unnecessary – exams for progress to sub-levels. In general, the darker the belt, the better the fighter, but it's impossible to say how good the fighter will be, and plenty of disciplines, such as silat, sambo and muay Thai, have no belt rankings at all.

4. Anyone can study kung fu at the Shaolin Temple. While the local martial arts school might be a good place to train – provided it has a good trainer – the most dedicated students often dream about studying at the Shaolin Temple, a place rich in martial arts history and mythology, and a place reputed to hold the most vital secrets of fighting skills. It's where the top kung fu experts have always trained, undergoing years of hardship as they pick up skills from experienced masters.

In fact, though, anyone can train at the temple in China's Henan province, which is now run as a business by a monk with an MBA. Around 30,000 students are believed to study at the temple and the dozens of schools in the area each year, many of them from abroad. To become a graduate of a Shaolin Temple martial arts school, all you need is a passport, a plane ticket, and a checkbook.

5. Western martial arts have a tradition as rich and varied as eastern martial arts. For many martial arts enthusiasts, there's only one direction to look when it comes to choosing a discipline: east. Whether they want to learn karate, kung fu, aikido or jiujitsu, these students often believe that the only types of fighting skills worth learning are those with their origins in Asia

But the West has its own tradition of martial arts and one that's as valuable and as effective as the disciplines from China, Japan, and Korea. Pankration, for example, is an ancient Greek form of wrestling practiced more than two thousand years ago whose influence is still seen in Greco-Roman wrestling. Savate is a French kickboxing style as dangerous and as devastating as Thai kickboxing. And the various forms of fencing are all derived from the swordfighting and dueling of the Middle Ages. Modern martial arts schools might owe a lot to Eastern fighting techniques, but if you want a form that's closer to home, there's plenty to choose from.

Success at martial arts depends on learning the moves and practicing them until they're second nature. It's about knowledge as much as strength, power, and discipline. The importance of that knowledge extends to an understanding about martial arts as well as an awareness of the moves, kicks, and blows that every fighter needs to study. These five, little-known facts help martial arts enthusiasts to understand better their discipline in particular and the world of martial arts in general.

Sulaiman Sharif is the author of "50 Martial Arts Myths" (New Media Entertainment, Ltd.) available from amazon.com. You can visit him online at www.martialartsmyths.com.

Making the Right Investment in Kids

You can't feed a hungry mind on an empty stomach. We know that – but does Congress? We hope so, because they're set to allocate funds and set rules for all child food programs – like School Meals, Afterschool Snack and WIC — this spring.

The San Francisco Food Bank is working together with local and national partners to push our lawmakers to make the right choices and guarantee kids the nutrition they need.

Child Nutrition Reauthorization has the potential to positively impact millions of children nationwide. In San Francisco, 56 percent of public school students receive free- or reduced-price lunches. In Marin, that figure is 25 percent.

With so many families struggling through the recession, the lunch some students receive at school may be the only meal they can depend on. Here's what we're pushing for to make that meal nutritious, appealing and accessible.

To better serve our children, our legislators must devote the resources necessary to provide decent meals, especially in high-cost areas like San Francisco. Right now, school districts rely on processed foods in order to keep costs low. These foods are not helping kids stay focused in class, to say nothing of overcoming a rising tide of diet-related illness.

Statewide, nearly 30 percent of kids who qualify for free lunch at school do not receive it*. California is not unique among states in not reaching all the students it should. To close that gap, the nation should take a cue from San Francisco schools and automatically enroll students for free lunch when they have been certified for other benefits. This reduces administrative hurdles for families and lowers costs for the school district.

Congress should also expand the eligibility criteria for free lunch. Currently, a child from a family of four living on over $28,665 a year does not make the cut. But in the nation's fourth most expensive city, that is an unrealistic ceiling.

Finally, we often tell children that breakfast is the most important meal of the day, yet many school districts run ineffective breakfast programs. In San Francisco, only a quarter of those eligible for breakfast receive it. A number of pilot programs have proven that you can reach more kids just by fine-tuning the program to their needs.

Some examples include breakfast in the classroom, grab-and-go kiosks and "second chance" breakfasts served during a morning break. The federal government should ensure that our schools have the resources to change their service model so that it's more responsive and accessible.

Young people across the city are writing letters to Nancy Pelosi, asking that she make Child Nutrition Reauthorization a priority. These letters — penned on paper plates — stand out because they are coming from constituents too young to vote. The Food Bank will bring hundreds of these youthful appeals directly to Speaker Pelosi's office.

Their message is simple: "Please provide healthier food for us," says one. Others decorated their plates with drawings of their favorite fruits and vegetables. Some send their messages from a very personal place, since their families have struggled with the instability of hunger.

Get involved in the fight for a more rational child nutrition policy. Contact your lawmakers and tell them to make Child Nutrition Reauthorization a priority. Visit www.sffoodbank. org/take_action and sign on to receive alerts when action is needed. We need to add more resources to the School Lunch budget, streamline the application process, expand eligibility, and ensure that all kids have a healthy breakfast to start their school day.

-S.F. Food Bank Newsletter

Visitacion Valley Family and Community Services Center

For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigraiton documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.) , education workshops, referrals to other services

Fun Family Story Time
Every Friday
April 2 to May 28
4:30 to 5:30 p.m.

Family Fun Literacy
April 1: All About Me Book
April 29: Making Books Fun and Easy
4:30 to 5:30 p.m.

Drop-In Consultation with Mental Health Consultant
Every Thursday,
April 1, 8, 15, 22 and 29,
1 to 5 p.m.
Call (415) 342-4364 for appointment.

Male Involvement Group
Saturday, April 3
1 to 3 p.m.

First Aid Workshop
Speaker: Erin Whitehouse, RN
Thursday, April 22
4:30 to 5:30 pm.

Free Food Distribution
Every Tuesday,
1 to 2 p.m.
66 Raymond Ave.
April 6, 13, 20 and 27
Emergency food boxavallable anytime.
Call (415) 586-6998,
Monday-Friday,
9:30 a.m.- 5:30 p.m.

April 2010 Activities

Enhanced Information and Referral
Every Monday Through Friday
April 1 to 30, 9:30 a.m. to 5:30 p.m.

Spanish Support Group
Friday, April 2 and 30, 11 a.m. to 12:30 p.m.

Chinese Support Group
Friday, April 9 and 23, 9:30 to 11 a.m.

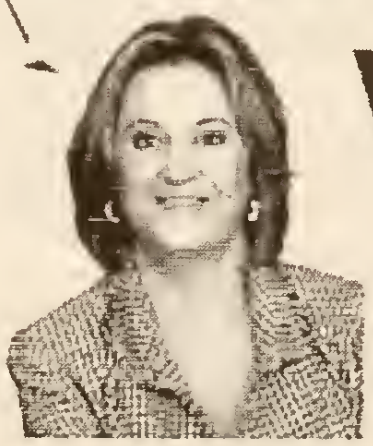
Tenant's Rights Workshop in Chinese
Speaker: David Lo, Health Educator
Thursday, April 15, 4:30 to 5:30 p.m.

HEPA B Free Screening
Thursday, April 29, 9 a.m. to 12 noon
at 50 Raymond Avenue

Van Lam, Marichelle Punzalan, Jack Kwong
Richard Jamil and Kevin Blackwell

161 Leland Avenue, San Francisco, CA 94134
Tel: (415) 586-6998 Fax (415) 586-8027

I have been studying Visitacion Valley for a long Time.



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